

# THE MAGIC OF MANIFESTING MONEY

15 Advanced Manifestation Techniques to  
Attract Wealth, Success, and Abundance  
**Without Hard Work**

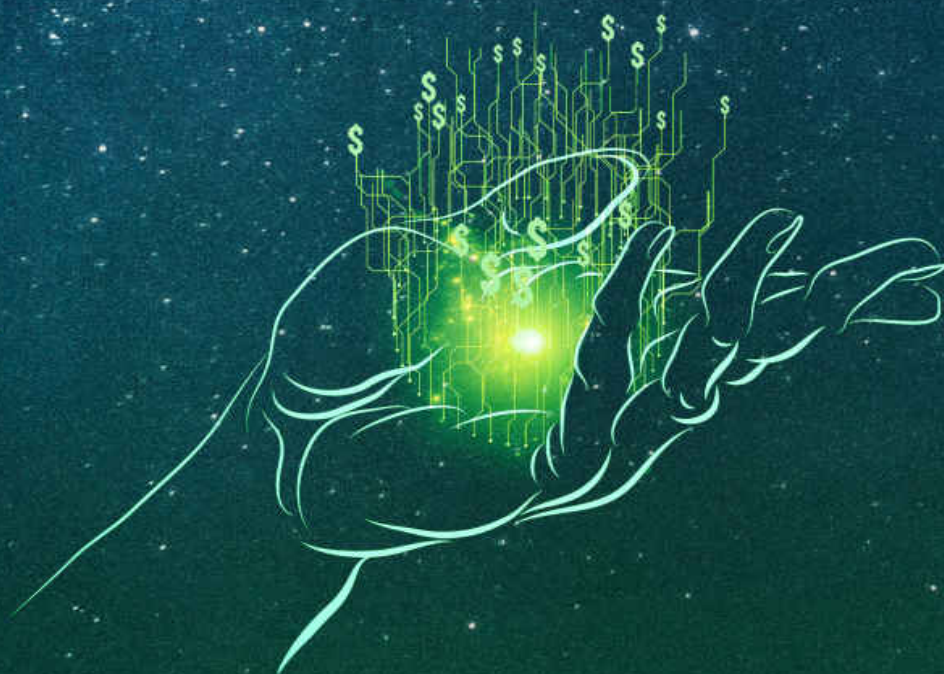


**RYUU SHINOHARA**



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**Ryuu Shinohara**

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- Instructions to help you get started today!

The last thing I want is for you to read this book and forget everything you read...

Let's make manifestation a daily habit!

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# INTRODUCTION

Does every day seem to bring the same old problems for you? You wake up in the morning dreading how you're going to pay for this month's rent, or how you're going to get rid of that debt that's constantly creeping up on you. You drive to a job you don't like, but keep doing it because it's your only way to put food on the table.

Life, it seems, has you stuck on a hamster wheel where the more you move, the more you remain right in place. Money is one of the biggest issues that everyone in the world faces. To be more accurate, a lack of it is what causes problems. Money might not make us happy, but it sure does make life a whole lot easier.

Thus, naturally, a lack of money seemingly makes everything that much harder. For instance, do you know that people who have less money end up paying more for everything? From overdraft fees on your checking account to higher interest rates caused by poor credit scores. Despite this seemingly being a fact, living like this doesn't have to be your reality.

We're taught from a very young age that money only comes to those that either put in the hard work or are naturally talented. Society has created this construct that limits our potential to achieve financial freedom and abundance. They tell us that getting a college degree is the safest way to succeed in life, then you're told to work your life away as you trade your time for money until you retire at an old age, only to realize you never got the chance to fulfill your dreams or live your life to the fullest.

People see the world of money through a lens that blocks money from coming into their lives. They place limiting beliefs about how money is acquired, and if they don't fit in accordance with these beliefs, then they are destined to lack money for the rest of their lives. But, the truth is, an abundance of money is available to everyone from every walk of life.



You've taken a huge step forward by deciding to read this book. I'm here to tell you that all of these experiences you're going through are temporary. You're going to gain a new perspective around money that will enable you to effortlessly attract it into your life.

Whether you are new to the law of attraction, or a seasoned veteran, this book will have everything you need when it comes to manifesting more money. On top of the new perspectives you'll gain, you'll also be given 15 advanced techniques that are going to help you realize the financial freedom you've always wanted.

We have the power to create an entirely different world for ourselves. Whether you want more money, more prosperity, or whatever strikes you, it's all there to be received.

The idea behind this book is to align your perspective in a way so you never have to do hard work to manifest money ever again. It'll come to your life with more flow and ease than ever before. In other words, you will no longer live as a slave to money. Instead, it'll be like your life companion that helps you strive for your purpose and best life.

Shifting your perspective to this line of thought might seem like it's coming from way out in the left-field at first. After all, we've been so heavily conditioned to believe in the opposite that reading these words might seem like it's too good to be true. If you have any doubts, guess what? You're exactly the kind of person who's in dire need of this book.

## **Your Biggest Obstacle**

How often recently have you woken up with a cold sweat or felt anxious thinking about the future? Have you been asleep, and then out of nowhere, began thinking about a lack of money and then started sweating? Do you begin to feel scared and lose sleep over your bank balance? Does it feel as if you're about to drown in your anxiety?

As unpleasant as it seems, your mind has just created a reality for you. It has rushed into the future, thanks to the way it's conditioned, and has conjured an image that is nightmarish to you. It then convinced you that all



of that was real and you began to believe it. Your emotions started to flare up and you started experiencing your future in that exact moment. Once you experienced it fully in your heart and mind, it's only logical for it to show up in your physical reality.

This negative energy you built-up internally is the reason why things never seem to go right externally. You start defining your life based on what your five senses tell you, instead of defining it from within.

There was once a young man who dreamed of being a comedian on the silver screen. He thought he was pretty funny, but hadn't really stood out amongst his peers. His father was a pretty funny guy and loved performing on stage, but didn't have the courage to follow his dreams. The young man grew up watching his father work as an accountant.

He vowed to follow his dreams, since he figured if he was going to fail at something, he might as well fail doing what he loved the most. His career progressed little by little, and despite not setting the stage on fire, he kept believing in what he truly wanted. One day, he wrote himself a check worth \$10 million and placed it in his wallet.

I must mention that at the time, the young man had less than \$10 in his wallet, let alone \$10 million. Despite this, exactly 10 years later, the young man landed a starring role in a major blockbuster movie and got paid \$10 million for his services.

This isn't a fictional story. It's the story of how Jim Carrey went from being an obscure Canadian comic to one of the biggest comedic stars of his generation. Carrey is a huge believer in the law of attraction and in having the power to manifest one's own destiny. Given his life story, it's easy to see why; after all, he's living proof that it works.

The universe is abundant and kind. This is something all of us know when we're children. Thanks to the vagaries of growing up and due to the stresses we experience, we forget this information. The knowledge contained in this book will be your stepping stone to unleashing your inner child and wonder.

Human beings are creators, and we have the power to manifest everything we desire into reality. We literally create our own world. Around 200 years ago, people would have laughed at you if you told them that one day we

would carry little devices that allowed us to connect with other people who were halfway across the globe, and that we would be able to see their faces and talk to them as if they were right next to us. A person born in the 1800s would not have been able to imagine any of this, and yet, here we are walking around with smartphones. The smartphone was once a dream in someone's mind. It was willed into reality through the power of imagination and belief.

You have the power to create your own reality. Everything you need is already within you. You just haven't been taught how to master it yet. Instead, thanks to external conditioning, you've been busy creating nightmares for yourself. This happens unconsciously because you're simply not aware of the innate potential you have to live a life of financial freedom.

I'm here to show you how to become the master of your reality and get you in touch with the immense power you have contained within you. This is the power of manifestation, the power to create and shift between realities to live in one that is in alignment with your true self. We're born with this power not so we can live in lack, but so we can live in abundance.

## ***Who am I?***

My foremost calling in life has been to function as a spiritual consultant. I started off in far more practical circles though. I used to work as a counselor in a government agency. My pay was capped and despite the work being satisfying, it was hard to ignore the lack of freedom in my life.

Stagnation was the word I associated the most with the work, and one day, I decided that I could not ignore my heart's calling anymore. I started seeing my clients after office hours and the satisfaction and financial resources that this act gave me convinced me to quit my job and start my own business.

My mission was to help people live in accordance with their dreams, and to manifest into reality everything they wanted. Whether it was money, a partner, new opportunities, or even something specific like a car or a new home, I was focused on helping them tap into their own creative abilities by aligning them energetically with their desires. These days, I live in a state of

complete financial freedom with my family and I cannot recall what it was like to ever worry about money.

My understanding of money for the past 20+ years is that it's abundant. Whenever a situation arises, and a large sum of money is needed, it is present. There were times in the beginning when I didn't have the financial security that I do now, but it didn't matter. Money was still present, despite it not physically being in my bank account. It was just hidden in the opportunities available to me.

I recall a situation like this back in 1989, when I was still living in Japan. I had just graduated from university and began working for the government agency. I always strived to own my own business, so I spent most of my free time acquiring the knowledge necessary through books. Then one day, an old man approached me and offered me consulting services to help me understand the ways of business.

I had a substantial amount of debt at the time from going to university, so it was tough to spend any more on education. Despite this, I still went through with the offer. I thought at the time, "this is the moment I've been waiting for, it's a gift from the universe." However, it didn't work out like that at first.

I was meeting up with him a few times a week to talk about how to strategically move from my regular job to becoming a business owner. He was someone that had previous success with investing and business opportunities, so I learned quite a lot from him. At the time, Japan was recovering from a huge economic crash, but according to him, it was only a slight bump in the road, or so I thought.

Around 10 weeks into the consulting services, he had to move out of town for a new business opportunity that arose. I felt slightly disappointed, as I had invested quite a lot in him helping me, but I did learn quite a few things about the business world. Despite this, I struggled to make the move out of my job and start the business.

I had more knowledge, but why was I still hesitant to make the move? The truth is, I still struggled with debt, and after these consulting sessions, I had

even more. I found myself with more knowledge than I ever had before, yet I was still making the same money.

Was all of that for nothing? Did I put myself in a worse situation than before? I reflected on these questions, then it dawned on me. I was asking the wrong questions.

I had a fair amount of understanding of the laws of life through the spiritual teachings and books I read throughout my younger years, so I decided to apply them here. "What positives can I take from this situation?" and "Where is the opportunity that came from those meetings?" were the new questions I found myself asking.

I started to realize that I didn't need to start a business to make more money. All I needed were more clients. And if I started to see clients outside of my government work, just as that man was seeing me, then I would make more money. This was my "aha" moment.

I began getting referrals from clients I worked with at the government agency, and started working with them outside my office and on the weekends. This was the boost I needed to pay off the debt I had and start saving to launch my business.

The lesson to take from this is that money-making opportunities are indeed available to you. Limiting yourself on how you attract the money will stop you from seeing the infinite universal possibilities that are out there.

I've been where you're at right now, and I completely understand your doubts as to whether all this manifestation and attraction stuff will work. It's ironic, but the only way to truly experience the power of these universal laws is to live it. It requires a leap of faith and only by making this leap can you truly access this power.

Along my journey I figured out what money and wealth really means. We tend to place these things on a pedestal and worship them as if they're holy grails of some kind. Unconsciously, we let these ideas manipulate us into doing things we have no interest in doing. Some of us even sacrifice our morals and happiness for it.



You are not your money, and it is no reflection of you. It was when I finally understood that money and happiness are different things that I began manifesting more of it in my life. Financial abundance occurs when you understand the true nature of money and its function in your life.

The fact is that you don't need to go out and "make" money. What you need to do instead is "allow" it to come to you. If this is hard to understand, don't worry – we're going to cover the art of allowing which is much easier than trying to "make" money.

So, come travel with me as we take an exhilarating journey towards helping you discover financial freedom, wealth, and abundance. Those days of constantly worrying about where money is going to come from are soon going to be banished into the past. You don't need to conduct "hard work" to attract money to you. You may need to work hard, but this doesn't mean that the work needs to be unenjoyable or soulless. Instead, you're going to learn how to connect with the divine universe that all of us have access to. You're about to embark on a journey of uncovering the truth behind how to manifest money and it's place in the universe.

Are you excited yet?

# CHAPTER 1:

## THE SECRET SCIENCE OF ATTRACTING MONEY

*“By being receptive, we can avail ourselves of the spiritual wealth available to us. By being open, we can receive things beyond what we ourselves might imagine.”*

- Ming-Dao Deng

In order to learn how to attract money, you're going to need to learn all about what money is. This is often a troublesome and an emotionally charged topic. You see, most of us grow up with a ton of misinformation about money. We don't truly understand what it's all about, and thus we walk around with limiting beliefs that stop us from attracting the benefits that come with money.

In many cultures, wealth and money are only something that comes in abundance to those that are of higher social standing. The kings and queens of our past were known for being the wealthiest humans on the planet when it came to money. We've grown to know money as this extremely valuable and limited resource that's incomparable to everything else. However, this isn't the truth. Like everything in the universe, money is just energy.

The only difference money has to everything else we have in our lives is the meaning we put behind it. When this meaning represents everything from freedom, security, and even happiness to some people, it's no wonder the absence of money causes so much emotional and mental turmoil.

The sad fact is that most of these limiting beliefs are carried around in the subconscious part of the brain. Most people would believe that our conscious mind contains all the information we have in our brain when the fact is that it composes less than 10% of our thoughts (Kluger, 2015). The

overwhelming majority of our thoughts and behaviors are influenced by neural connections that happen behind the scenes, and most people are completely oblivious to this fact.

Becoming aware of your unconscious thoughts and behaviors is definitely a good first step in the right direction. However, if awareness empties our cup of false knowledge, we need to make sure we refill with truthful wisdom. In other words, awareness alone isn't enough; it needs to be paired with understanding. When we combine the two, our understanding of the reality of money becomes aligned with universal truth, and thus we begin to recognize what it really takes to manifest more of it into our lives.

## **The Hidden Truths of Money**

Back in ancient times, the world was a lot simpler. The average person knew all about the land and the world that surrounded them in a radius of a few square miles.

There was no notion of casual travel, and those that did travel faced perils of an unimaginable character. One of the positives of this small world was that trade was extremely simple. If you wanted rice and had an abundance of clothes, it was pretty simple to find someone who needed clothes and who could give you rice.

In economic terms, this is called the Double Coincidence of Wants. It refers to two people participating in an exchange where both of them have what the other wants. As long as this condition is satisfied, everyone's happy and bartering proceeds smoothly.

As you can imagine, as the world grew bigger and as new goods began making themselves known in the markets, this coincidence of wants began to evaporate. Suddenly, people did not have what the other wanted. A new system of exchange needed to be created, and this is what led to the creation of money.

The first forms of money were simply copper, silver, or gold. What began as a simple medium of exchange has since morphed into an uncontrollable,

complex, and manipulative source of energy that differs in perspective from one religion and culture to the next.

Money does make exchange of goods easier. It does give you access to better things in life. These things bring you satisfaction and help ease the burden the world places on you by quite a lot. However, it is merely a source of energy that we've agreed upon this lifetime to use as a form of value exchange. Labeling it as anything else would go against universal truth.

When it comes to manifestation, attachment to any ideas that limit your potential for creation goes against the natural flow of all things. If everything in the universe is infinitely expanding, why does your financial status need to be any different?

## ***Our Connection With Money***

The ordinary way people look at money is as a source of accumulation. If I were to give you \$10,000 right now, what is the first thing that pops into your head? Do you think about all the bills you could repay, all the debt you could pay down, and how much would be leftover for you to buy fancy clothes or a new TV set?

Or do you simply smile and continue doing what you're doing? The former is a particularly addictive cycle of thought. The limiting beliefs surrounding money convince us that it is an extension of who we are. The more money we have, the more things we can buy, and thus the more value others will see in us. When money becomes the main metric at which people define their identity, all connection with their limitless source is lost.

The power of choice is what frees us. The shape of your perspective around your current financial situation is what will determine your destined reality. When it comes to money, you can view it from one of two places: lack or abundance. Often, two people can carry out the same action but the perspective behind those actions could be very different.

Let's contrast the perspective of two people who lack the physical accumulation of money in their lives. They visit a jewelry store and see a



fancy pair of ear rings. They would love to buy them, but they're already \$100 over their spending limit. The first person decides to move on and tells themselves that not being able to buy the ear rings isn't the end of the world.

The second person also decides to not buy the ear rings, but before doing so reminds themselves of how unfortunate they are that they can't afford them. Heaving a sigh, they move on and look at the other things they've bought with a lack of enthusiasm.

The vibrations that radiate from these two people are caused by each person's perspective around their financial situation. While there is a lot more going on here, there's no doubt that the way they deal with the lack of money is what will determine their future reality around it.

You see, money might be a valuable resource in the physical realm but in the non-physical one, it's just energy. It is something that holds a particular vibrational frequency to it. You have a choice when it comes to dictating whether you're in alignment with this frequency or not.

When we look at it from this perspective, doesn't the idea of money feel more relatable? Like it's all of a sudden more accessible to us? Everything in the universe is made up of energy, and all of these energies are interconnected in the quantum field. The quantum field is an invisible energy field containing all of the non-physical electromagnetic information that governs the laws of nature and attraction. The moment you realize that the energy of money is no different from the energy of everything else, you'll begin to manifest more of it into your reality.

## ***The Truth Behind The Value of Money***

Central to the economic thesis of money is value. Those that provide others with a ton of perceived value receive their share of money. The value that someone provides is always subjective. Therefore, there is never a concrete definition for how valuable money really is.

For example, let's say a world-renowned chef and restaurant owner created a lottery to see who gets to have dinner with them in one of their finest

restaurants for free. During this dinner, they will talk about what it's like to run a restaurant, how they became such an excellent chef, what their most important lessons are, and how they would do it again if they were to start back from zero.

Now let's take a look at two different people that could win this lottery. The first person is the aspiring chef that just started culinary school and has a dream of becoming a popular chef in their hometown and owning their own restaurant. Getting the chance to meet one of their idols would elevate their knowledge of the industry and propel them towards fulfilling their dream.

The other person is a mechanic that can't really distinguish the difference in taste between burger meat at a fast-food restaurant and sirloin steak at a steak house. For him, food is food, and he couldn't care less about what the famous chef has to say.

Notice the difference in perceived value of the lottery prize. For one person, it could be a life-changing experience that they would pay thousands of dollars to partake in. The other has no connection with the chef and finds no value in the experience besides the free food.

The reason why I'm giving you this example is to remove the idea that money has a certain level of value out of your head because, in reality, it doesn't. This just makes it that much more important to get in alignment with your desires and stop worrying about the money itself. If you're unable to radiate perceived value in your service, product, or offer, no amount of actual value will get through to the customer or client, therefore, they won't pay you the money.

In order to create perceived value, you need to understand people's desires. This is what drives the flow of money and exchange. Money is not valuable just because it's money. Money is valuable because it means something for the individual that desires it. For many people, it means freedom, security, comfort, and even happiness. These intrinsic meanings people place behind money is exactly what stops them from manifesting it into their lives.

If you don't have money, does this mean you have no freedom, security, comfort, and happiness? If this is your belief, then this is exactly what will reflect in your reality. If you believe you can have freedom, security,

comfort, and happiness regardless if you need money for it or not, then that's exactly what you will experience.

Money is just a tool and it only magnifies what is already present within you. If you happen to be miserable before having a lot money, you're going to be even more miserable after you accumulate it. Money will make it easier for you to be miserable, in fact, you can literally buy your way to more misery!

All in all, focus on the intrinsic value that money can provide for you because this is what puts you in alignment vibrationally with your desires. Placing your focus on the accumulation of a piece of paper will forever keep you out of alignment with your truth.

## **The Manifestation of Money**

In the last sub-chapter, we talked about two new perspectives on money. The first being that money is energy and its value is nothing more or less than subjective. Now let's talk about where the money (or anything) that you want to manifest comes from.

If you've ever read anything surrounding the law of attraction or manifestation, chances are that you're probably carrying a few incorrect beliefs in your mind as to what these really are and how they work. Many people try to manifest something in their lives and look at this as the process of creating something that doesn't exist.

The very statement "We are creators" implies that you can create using what's already available to you, not that you need to create from scratch. Sometimes our limiting beliefs come about because our language doesn't have adequate words to truly express the intention behind them.

The truth of our existence is that we're currently experiencing a single reality from an infinite number of them. The area of quantum physics isn't fully understood. However, what we do know is that in the quantum scale of things past, present, and future exist all at once.

Niels Bohr was the first scientist to discover and study the behavior of particles that exist in the quantum field (Skibba, 2018). This field refers to particles that are infinitesimally small. Up to that point, physics functioned on the basis of Newtonian laws.

I'm not going to get into the specifics of these laws, since they're beyond the scope of this book. In short, Newtonian physics works because our basic assumption of particles existing in space is that their position can be pinpointed. Think of a large planet of the solar system. In space, it is possible to point to it and say that it exists.

However, these large bodies are composed of much smaller particles. As we begin to dive deeper into their structure, we begin to see that Newtonian physics breaks down. Bohr observed that the deeper one goes into the structure of things, the more one finds the existence of vibration.

Atoms, molecules, and various subatomic particles vibrate constantly. They vibrate so fast that they exist in multiple places all at once. Think of a rubber band that has been stretched. If you were to pull one of the bands and let it go, the band will begin vibrating. Watch the band closely and you will see that it vibrates so quickly that it seems to exist in two places at once.

Now imagine a subatomic particle vibrating at speeds a million times faster than this. Now consider that our bodies and everything else we see in front of us are composed of these vibrating particles. In short, we appear solid but actually aren't. We're just a huge mass of vibrating particles that are present in different points all at once.

## ***The Field***

If we're a mass of vibrating subatomic particles, this means we're presently experiencing multiple realities at once. Our brains are receiving one of these realities, but the truth is that our perception is just one small part of an infinite number of realities. Through the power of choice, we can choose to perceive another reality that is just as valid as the one we choose to ignore.



There is a simultaneous reality where you have all the money you want and are living the life you desire. There is one where you don't have everything you desire but have enough money. There is one where you're even worse off than you are now. Through the power of choice, we perceive these different realities and bring them into our current existence.

This is what manifestation and attraction is. We can only bring into reality things that already exist. The money you seek is already out there. The past, present, and future all exist simultaneously in the present moment. By harnessing your power to focus, which is really a power of choice, you create your present reality.

The holocaust remains one of the most evil acts perpetrated by human beings upon one another. The famous psychologist Viktor Frankl was a survivor, and in his book he recalls observing something curious about all of his fellow survivors (Frankl, 1992). Frankl initially put his escape and that of his fellow inmates down to blind luck.

However, he noticed that everyone who escaped their horrors believed deep down that they were meant to survive, that their life meant something, and that they would make it out of hell. He does not discount the role luck played, but he concludes that without this belief that they will survive, without the choice to focus on this instead of the horrors that were playing themselves out around them, none of them would have made it out alive.

Even in the worst of times, you have a choice. When it comes to money, you can always choose to focus what is already existing in another version of your reality. This isn't about creating wealth in your life. It's about shifting your focus to the wealth that is already present in your life.

That is what true manifestation is; it's a subtle shift in mindset that you need to carry out in order to be successful. There is infinite potential in the field. We can't perceive it because our minds are not designed or haven't evolved enough to be able to comprehend multiple realities at once.

We're still slaves to time and live according to the clock. However, the reality of the universe is that time is not real. According to Einstein's theory of relativity, a person who travels through space at the speed of light will experience time very differently from someone back on earth (Redd, 2017).

You don't need to be a student of physics to understand this. Think back to the moment when you were completely absorbed in what you were doing. You weren't thinking consciously but were simply being. It could have been when you were doing something you love or when you were watching a TV show you enjoy.

Did time exist? Were you conscious of how the clock was moving? Did you look up at the clock and think how did time fly by so quickly? Alternatively, did you look at everything you managed to get done and realize that time had barely passed? That you had completed an hour's worth of work in 15 minutes?

Time is elastic and depends on our perception. It is simply a dimension of our world, much like distance is. You could be on the other side of the planet from someone you love and still be close to them. You could stand on the ground and look at the distance between two points as being large. Or you could stand on top of a building and watch that distance shrink to nothing.

Focus is what matters. Choice is how we exercise focus, and this moves us into different realities that already exist. Manifestation is simply a process of exercising our choice to move into these infinite realities and realizing all the positives and negatives inherent in each reality.

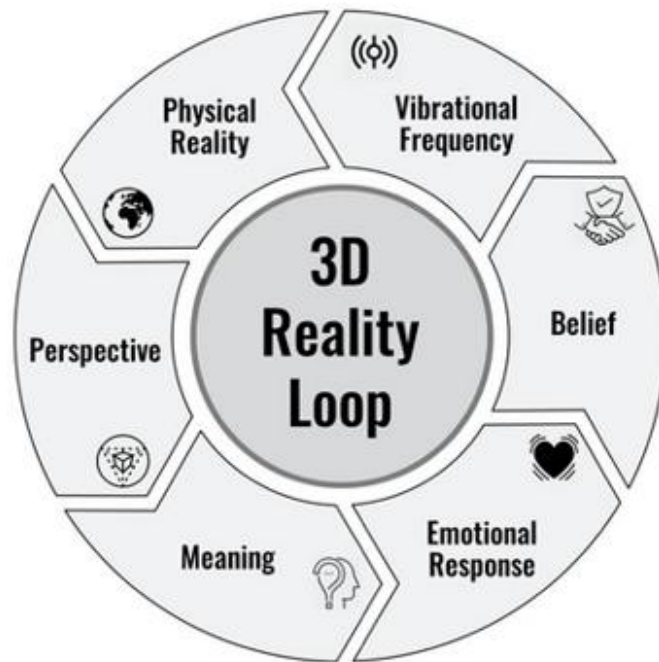
If you choose to live with wealth, don't sit around waiting for it to manifest. Instead, be someone who has wealth. Live according to this reality. I'm not saying you should start going out and spending your money unscrupulously. This is not what defines wealth. Wealth is the recognition that you have an abundance of resources at your disposal. Choosing to live in this reality will inevitably open your eyes to opportunities, partnerships, and people that contain within them hidden money miracles.

## **The Reality Loop**

Once you start making better choices you will begin to see that your life, indeed everyone's lives, exists in a loop. This loop keeps moving us

between our perceptions, emotions, and actions. This reality loop is what defines the universal framework within which we experience our lives.

Henry Ford once said that if you think you can or if you think you can't, you're absolutely right. This quote is profound in many ways and hints at how the reality loop works. Given that it's a loop, it can be tough to figure out where to begin analyzing it. Let us start with our current physical reality.



## ***Current Physical Reality***

This is your everyday life. It is your current reality that has sprung from the way you've been conditioned thus far. Our physical reality is shaped by our beliefs about our world and also influences how we continue to think, feel, and act.

## ***Perspective***

Everyone's perspective of reality is slightly different from one another, even if you've lived similar lives. We are all a unique expression of the universe,

therefore no two people will perceive of something in the exact same way. Words can never describe the differences you can find in each person's perspective. The only way to understand what someone is thinking, feeling, and perceiving is by being that person. The key here is to create a perspective that benefits you in your own unique situation. This is what we will be focusing on throughout this book.

## ***Meaning***

Before physical manifestation changes your beliefs, you unconsciously place a meaning onto it based on the perspective that you have. You define the world in a certain way based on how you were taught to view it while growing up. How you see things is how you define them. If you look at a box head-on, you will see a square. If you tilt your point of view, you will see a cube. Perspective is simply another word for choice. Your power of choice is an essential part of shifting your reality around money. You can choose to hold onto the meaning you place on things or you can choose to change its meaning, simply by changing how you look at it.

## ***Emotional Response***

In this section of the reality loop your inner being, the essence of who you really are, is processing what is going on in your brain. In other words, it's considering whether your true self is in alignment with the thoughts and perspectives that you have. In the case where your thoughts are limiting and self-sabotaging, you will feel negative emotions. If your thoughts and perspectives reinforce the inner guide within you, you'll feel positive emotions, and thus you'll be living in alignment and with more flow.

## ***Beliefs***

Beliefs are nothing but thoughts that have been engraved in our brain over time by our emotions. They are solidified ideas that have been strengthened over and over again based on our emotional response to the perspectives we have and the meanings we put onto our physical reality. When we receive



confirmation of these beliefs, they become stronger as time goes on. Beliefs are hard to challenge because they are usually attached to an egoic identity. To go against a belief is to go against the identity that resonates with such belief. Although they are difficult to change, it is not impossible.

## ***Vibrational Frequency***

You've already learned how all of us are vibrational beings. We're made up of atoms and subatomic particles that vibrate at certain frequencies. Our thoughts and emotions create our unique vibrational signature. This is the section of the reality loop that is responsible for attracting the physical manifestations of our desires into our lives. However, our vibration can only shift once our beliefs about our physical reality and the meanings we give it change.

## ***Physical Manifestation***

Your vibrational frequency helps you move from one reality to another. In the field, everything is vibrating and infinite realities are already present. The way to physically move from one reality into another is to vibrate at its frequency. This is according to a law in physics called resonance.

Resonance is a phenomenon where an object can be induced into movement by placing it close to something else that is vibrating at its natural frequency. For example, a bridge that runs between two points has a natural vibrational frequency. When armies march over bridges, they are ordered to break march and to walk in an unsynchronized pattern. This is because the boots marching at the same frequency as the bridge have the potential to trigger it to collapse.

One of the most notorious bridge disasters in the United States occurred when the Tacoma Narrows bridge in Washington began to twist and turn all by itself. This happened because the wind was vibrating at a frequency that was equal to the resonant frequency of the bridge. Thus, the bridge began moving of its own accord and ended up twisting itself out of shape and collapsing.

In order to manifest a reality, you have to vibrate at its resonant frequency. When you do this with your desired one, synchronicities and opportunities start to show up. It will be unexpected, hidden, and often very difficult to recognize. This is why awareness and focus is so important. If you're focused on your desired manifestations, you'll notice them when they appear.

## ***Reinforced Beliefs***

Now that your reality is beginning to change, your beliefs are starting to shift. This is how reality reinforces itself, and why it can seem as if you're stuck in a never ending financial struggle. It is also why when good things happen to you, they seem to happen continuously as if you're on a roll. This repeated cycle creates what's called momentum.

Limiting beliefs will create a limited reality. These internal beliefs will constantly be reinforced because of what's being confirmed in external reality. This is why breaking free of this momentum is so difficult. Once you start thinking limitlessly, your reality will test you. It will reflect back to you the beliefs and vibrations of your old identity.

One way to break free from this is to recognize that physical manifestations have a delay. In other words, your desired reality will most of the time not manifest instantly. You need to walk past a couple of realities that were a reflection of the old you, before you begin to experience reflections of the new you. We'll talk more about this in the next chapter.

For now, recognize that walking into different realities takes place only in the present moment. If you're operating from the past, you will never take the right steps into the reality you desire. Be present with your beliefs and perspectives, recognize the existence of infinite realities, and begin shifting yourself from within so you can begin thinking, feeling, and acting in accordance to the new reality you want to experience.

## CHAPTER 2:

# THE HIDDEN MONEY BLOCKS STOPPING YOU FROM FINANCIAL FREEDOM

*“We are kept from our goals, not by obstacles, but by a clear path to a lesser goal.”*

- Robert Breault

Now that you’ve learned about reality loops and how manifestation truly works, you might be wondering, why is it so hard to shift your reality? Why does your brain and body fight back and not assist you with the process? The fact is that all of us have hidden blocks that prevent us from manifesting our dreams and alternate realities.

Some of these blocks occur due to poor conditioning. Everybody was raised a certain way, experienced certain traumas, and lived through many ups and downs in their lives. Our minds and emotions picked up on everything we’ve experienced. Most people are unconsciously carrying years of baggage that goes unnoticed most of the time, but influences our decisions and feelings on a daily basis. This has a tremendous effect on our perspective, beliefs, vibration, and as a result, the reality we experience.

There are three specific roadblocks that stop you from harnessing the true power of manifestation. These are:

1. Negative emotions
2. Scarcity mindset
3. Old patterns

All of these are connected to one another, and form a tangled web of limitations that keeps you trapped in the same reality that you wish to exit.

They also come together to convince you that the only true reality that exists is the one in which you're in right now.

As humans, we were naturally born with a high vibrational frequency. Our purest form is seen in our younger years. When we were kids, we felt no shame or guilt for who we were because we hadn't yet built a false identity to fit into the expectations of society. We used to dream big and never had any limitations for what was possible. This is when we were *unconditioned* by external reality. In other words, before we were conditioned by our parents, teachers, friends, media and other external entities, we were unlimited in our thinking – unhindered by thoughts and beliefs of limitation. As we grew up, this way of being changed.

Negative emotions and thoughts are linked with circumstances and traumas that you may have experienced in the past. As you go through these experiences you start to develop a false identity, as well as beliefs that confirm the importance and existence of those events. You start to resonate vibrationally with these events because if you can sense it with your five senses, then it must be true and it must be what defines you. This is a faulty way of thinking.

As we've discussed in the previous chapter, you have the power to choose a new reality that no longer resonates with the old ones you've experienced. Your identity is flexible for change and not permanent to one way of being. This process is often difficult because it goes against the old identity that is constantly trying to confirm its existence through what you see in the physical reality. The goal is to become aware of these negative emotions, thoughts, and patterns, then shift the perspective around them in order to begin breeding a new sense of self that no longer resonates with the poverty mentality, limited ways of thinking, and impulsive reactive behaviors that are out of alignment with who you want to become.

## **Negative Emotions**

Our emotions play a fundamental role in manifesting the reality we want to experience. Emotions come in a multitude of flavors but can break down

into just two: positive and negative. While no one has a problem with positive emotions, negative emotions are a different subject. Most people turn to the law of attraction and try to manifest a new reality as a means of getting rid of negative emotion.

However, in doing this they misunderstand one of the fundamental truths about the universe: the quantum field and the universe exist in a state of vibration. The things that vibrate at similar frequencies attract one another. Negative emotions are responsible for generating your vibration. So manifesting under negative emotion will only lead to more negative emotion.

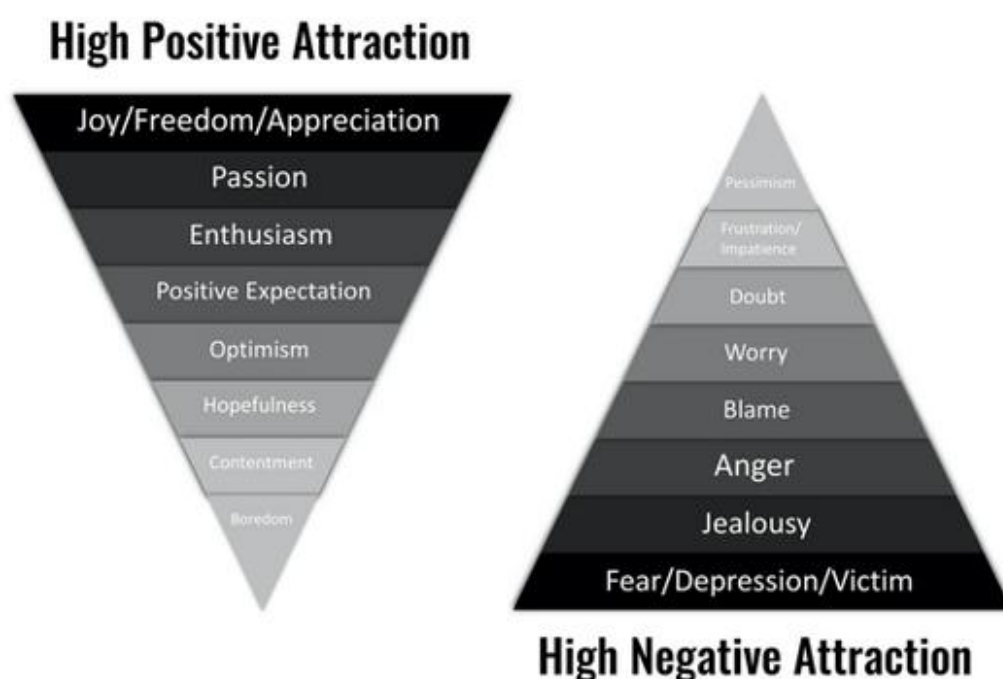
Negative emotions such as sadness, frustration and anger rise due to a fundamental misalignment between where you currently are and where you want to be. This is called contradicting energy. Contradictions in energy create resistance, and resistance creates tension, stress, and stagnation.

As we've mentioned before, your natural and unconditioned self already operates at a high vibrational frequency, meaning it already knows how to feel good and what it wants. The problem comes when conditioned mental filters start limiting the potential our inner being is wanting so eagerly to express. Whenever you're misaligned with your inner being, negative emotions will inevitably come as a result. This is why working at a job you're not passionate about doesn't feel good and creates a lot of resistance.

When you are conditioned to think that money is scarce, your resources are limited, and your potential is small, it obviously doesn't feel good because your inner being believes the complete opposite. However, we stand behind these beliefs because it allows us to conform to the expectations and reality of other people. Our human instinct is to follow the tribe and fit in with everyone else. If you start thinking big and feeling abundant, most people around you will start to question your beliefs because it questions theirs. This can sometimes make you feel lonely, which can lead to yet another negative emotion if you allow it to.

The key to mastering your negative emotions is to take them as feedback from the universe. If you're feeling frustrated, sad, or doubtful in your ability to manifest money, your focus is simply misaligned. Instead of

labeling them as something bad, use them as a reminder that you're an infinite spiritual being veering off track from your purpose and fulfillment. Much like a GPS notification that goes off when you drive down the wrong road, negative emotions are simply guide rails. Mistake them for being something greater and you will plunge yourself into a negative spiral, taking you into a greater state of energy contradiction between your egoic and spiritual self.



The good news is that if emotions can spiral negatively, they can do so positively as well.

For example, if a situation arises at work where someone loses a client or they receive negative complaints from a customer, the natural response for people with misaligned thoughts and patterns is to see it as a negative. They start thinking that the business is going downhill and they start to expect more to come. These are feelings of guilt or unworthiness that rank really low on the emotional scale.

When someone has aligned thoughts and patterns, they'll take this negative situation and turn it into a positive one. They'll start asking questions like "How did this happen?" which reflects feelings of disappointment and

frustration. Then they might ask "How can we prevent this from happening in the future?" which reflects feelings of hopefulness and optimism. This is how you slowly raise your vibration given a negative circumstance that occurred in your life.

Focus on moving up the emotional scale one step at a time and don't ignore or think of negative emotions as being invalid. Instead, accept them and work to reduce their degree by consciously choosing to feel better. Aim for just one emotional feeling notch above what you feel and slowly work your way up.

## **Scarcity Mindset**

Why are we so attached to limiting beliefs? Why are we so attracted to negativity in the news, in our relationships, and in our lives? The reason is that the brain has learned of the pleasure that a scarcity mindset brings. It seems odd to use the word pleasure in conjunction with something negative, but it's true. You will not engage in any behavior that you don't find pleasurable. Like a masochist, you've trained your brain to derive pleasure from negativity.

Scarcity is the idea that there isn't enough to go around. The focus is more on "taking" rather than "giving." This mindset not only cuts off the perspective of abundance, but it also causes us to make rash decisions and not see the decisions that are available and more in line with what we want. We're always looking for the path of instant gratification.

An example of this is gambling. Instead of recognizing that we have the potential to create our own wealth and abundance, we look for quick fixes and pleasures. This usually leads to disappointment because these quick fixes and pleasures are never sustainable. Money will only come and stay with those who recognize their own abundance in their lives. If you don't recognize the abundance of money, you will never attract it or have it for too long.

## ***Being the Victim***

It's easy to want to think of ourselves as a victim. If we're powerless to change our situation, then obviously there's nothing we can do. We're not to blame for our lives. It's all someone else's fault. If we didn't try our best in some situations then it was because of excuses A, B, and C.

Spend too long being a victim and you will forget that you're the creator of your reality. When positive emotions do come up, we don't allow them to stay too long. Why? Because they don't match with our physical reality. This is the contradicting energy that we talked about before.

Take the case of someone offering a service to you for free. You may take it as a sign of abundance, or you can look at it as a sign that someone is trying to convince you of something. This kind of mentality blocks out opportunities because it frames them from a perspective of lack. You view it from an identity that's not aligned with an abundant mindset.

Perhaps the person offering you something for free wants something from you, and is trying to manipulate you into doing something. Sometimes, people inject large doses of negativity into situations and end up hurting those around them even when everything was positive.

The scarcity mindset is particularly insidious because it's so convincing. It has the most rational and logical arguments, and so there's no denying its claims. The only way to beat it is to be irrational. Or, seemingly irrational. In a bad situation, this means focusing on the positives or hanging onto your belief that everything will work out. You might not know how or might not know when the tide will turn. You just know it will.

Many people who try to practice the law of attraction end up validating their scarcity mindset. The reason you picked up this book is because you're feeling a lack of money in your life. If you were to try to manifest money from such a place, you will only end up manifesting more lack.

Instead, you need to first believe and educate your mind to the wonders of abundance in this world. This is why I made it a point to emphasize in the previous chapter that the money you need is already here. All you need to do is align yourself with the possibility of you manifesting what money can bring you. You don't need to know about the how, what, where, and when just yet.



# Old Patterns

The reason people continue repeating the same acts, feeling the same emotions, and thinking the same thoughts is because they've become accustomed to it. Doing what you've always done your whole life is a lot easier than striving for change. With change, comes more challenges than you already face, new obstacles to overcome, and resistance from outside forces. If change was easy, everybody would be living their best life, but that's far from the case.

Our brains are very receptive when we're children and at that age, they don't discriminate between the information that they receive. We're completely dependent on our parents and caregivers at that age and we don't question their words; we simply absorb and mimic everything they tell us. This is a survival mechanism that has kept humans going for centuries. Little do parents know, their bad habits are rubbing off on their kids, even if they have the best of intentions.

As we grow up we begin to discern between good and bad information and exercise a great degree of control over what thoughts are worth thinking. This is the journey we all know as personal development. However, despite our best efforts, the initial information that embedded itself in our minds during our younger years is still present and colors everything we do. It is these patterns that often end up sabotaging us when we least expect them to. Our environment and experiences have an inordinate amount of influence in who we are and strive to become.

The subconscious mind is the storeroom for all of our unconscious beliefs, behaviors, and habits. This is also known as our paradigm. A paradigm is simply a collection of beliefs about who you think you are and your perspective on your life.

If you grew up in a low-income household, chances are you probably developed a scarcity and limited mindset. However, people are unpredictable beings. Some of us use this as fuel to redefine our destiny and strive for greatness whilst others continue the path their parents and guardians followed. A former client of mine, let's call him Tom, grew up in

a household where money was scarce. He developed a paradigm that defined himself as a poor person.

It seemingly didn't matter whether he was earning a lot of money or earning too little. Tom was always financially broken. The money he did earn disappeared faster than he knew what to do with it. It wasn't in his identity to have too much money in his possession. It was uncomfortable for him to have money because the idea wasn't aligning with his beliefs.

You might have developed paradigms surrounding what it takes to earn money. Perhaps you believe that you need to do hard work, graduate from the best college, find yourself a great job, and so on. Religion might have caused you to develop beliefs that money is the root of all evil.

These paradigms have huge control over us because they speak to our desire to fit in and be a part of a community. Unfortunately, our mind often mistakes poverty and lack as being the markers of a community that fits us perfectly. This is often why most poor people remain poor and most rich people remain rich.

This kind of cultural conditioning creates a false sense of self, also known as our ego. It's merely a pattern of artificial reactions and habits that other people have taught us to embody.

Building awareness around your current paradigm is essential if you want to shift into a new one. If you're not self-aware, you're vulnerable to external influences that have nothing to do with your point of attraction. Your mind is both the only problem and the only solution in your journey to manifesting financial abundance.

Forcefully trying to convince your mind to make the shift in your perspectives and beliefs will never work. Our brains are way too smart for that. They're built like this solely due to survival purposes. If they weren't so glued to the instinct of fear, avoidance, and familiarity, humans would have been extinct a long time ago. The thing is, we're in the 21<sup>st</sup> century now. These instincts are hardly ever beneficial and are mostly detrimental.

Instead of trying to convince your mind to think differently, try proving to it that what you want to accomplish is possible. You can only do this by

stepping into the unknown. If you're constantly in the known, you will only be showing your brain what it already knows, and thus nothing will change.

To start making the shift, step into unfamiliar territory by surrounding yourself with more successful people, start doing the things these people do, and start optimizing your environment to show your brain what's possible for you. Gain new perspective, place new meanings on your reality, feel the emotion that comes with this, engrave these thoughts and emotions in your mind until you have fully embodied the experience of being the new you, and let the universe take care of your external reality to fit this new identity.

## **Healing Your Relationship With Money**

The process of reprogramming yourself to think differently is the same as healing your relationship with money. The interesting thing is that your relationship with money often reflects your relationship with yourself. Reality is simply a reflection of how we think about ourselves and the outside world. If you've identified with thoughts of lack or scarcity, then it's inevitable that you will experience this in your life. Using money to form a sense of self-worth indicates a fraught relationship between you and your perception of who you are.

It's the scarcity mindset expressing itself through your perception of a lack of money in your life. If you're completely happy with who you are and are living the life you want, would you ever think about money or the lack of it? It's only the things that are wrong in our life that we spend time pondering over.

Instead of pondering over lack, we need to retrain our minds to focus on what is present in our lives. You might not be rolling around in money, but do you have something in your life to be thankful for? Of course you do! The very fact that you're made up of the same energy that makes the world go round should be something to be thankful for. This gives you power.

Know this: All the fears that you have regarding money are simply an illusion. These fears have been ingrained deeply into your subconscious mind, and are dictating your perception of reality. It is limiting you to think

only inside of a closed box. Little do you know, you have the potential to break free from this cubicle that life has put you in and strive for a life of great financial success and abundance.

The greatest perspective you can have around money is the perspective of your inner being. Since your inner being cannot be changed or altered, the only thing you need to do is focus on removing the illusions that are placed on top of it.

The process of healing your relationship with money isn't one of addition; instead, it is one of subtraction. You need to chip away at those limiting thoughts, old beliefs, and conditioned paradigms that are keeping you rooted at the wrong end of the emotional scale. Empty your cup first before you fill it up with new life.

The spiritual being that lies deep within you is naturally abundant and knows everything it needs to know. You've inadvertently been covering it up with negative filters and false beliefs. Remove these and your inner self will naturally come to light. This will allow you to display your creativity and energy in full flow, and money and prosperity will come rushing to you as a result. Once you begin the process of destroying these filters, you will be amazed at how abundant and replete with opportunity the world truly is.

Now that we have covered how negative emotions, old patterns, and limiting beliefs can hinder you from attracting the financial abundance you want to manifest into your life, let's finally get into the 15 techniques that will help you get there.

## **Technique #1: Feng Shui for Manifestation**

For the first technique, I'd like to introduce the idea of Feng Shui. This ancient practice originated in China over 6,000 years ago. The word roughly translates to the English word "Geomancy," however, the words individually translate to "Wind" (Feng) and "Water" (Shui).

The original idea behind this technique is to bring about happiness, harmony, and alignment in areas where family, friends, and workers reside. This can include, but is not limited to, your living room, bedroom, co-

working space, office, or even your bathroom. The idea is to rearrange the items and furniture in relations to the flow of natural energy (Qi). Characteristics such as color, material, framework, and structure are also taken under consideration. The practice and methods of Feng Shui were hidden for many years from the public eye and were strictly known only by nobles and government officials.

Lucky for us, we have access to these ancient secrets. But how does this work to help us manifest money? Since we've learned in the last two chapters that money is energy and old patterns are the reason for our "stuckness" financially, wouldn't it make sense to rearrange the items and furniture in our home to align with this new idea of abundance and wealth? Do you think the rich man/woman across the street keeps their house messy, dirty, and void of natural light? If we're going to align ourselves with the energy of riches, aligning the items around us can serve to not only declutter our mind of scattered energy, but also build a new environment where new energies can thrive. The changes do not need to be drastic (buying new furniture or moving out) and they also don't need to be too specific (buying crystals, Chinese coins, or expensive decorations).

Here are my steps to reaching optimal Feng Shui for manifesting money:

**Step 1:** Clear out or cover up all of your broken items.

**Step 2:** Keep things organized and in their place. Scattered items equals scattered energy.

**Step 3:** Open up and clear the space. Move big items toward the walls or get rid of them. Give space to allow the energy to flow.

**Step 4:** Invite nature to take part. Open up to natural sunlight and keep a plant or two around.

**Step 5:** Implement the Money Jar Method. This process requires you to get however many jars you'd like (ideally 3-5) for all the places you frequent the most throughout the day. Label each of these jars with a phrase such as "I am abundant in money and in wealth" or "I am connected to infinite money abundance." Fill these jars with real money, checks, and symbols of wealth, and let your subconscious mind do the rest. Every time you notice the jar, you're reminded of your abundance.

## Technique #2: Generalization Technique

For this next technique, inspired by Abraham-Hicks, we're going to be touching upon the negative emotions you have around money. Whether this be anxiety around your next bill payment, depression due to the lack of financial freedom, or jealousy of fellow coworkers or friends that are having some success.

The idea behind the generalization technique is to generalize these negative emotions. In other words, you do not need to give them a specific meaning. Giving meaning to negative emotions creates attachment. When you create attachment, you get stuck with them. This can create negative momentum that spirals out of control. What ends up happening is you end up manifesting your misery. More money problems start to pop up and thus the cycle continues.

Generalizing your negative emotions will slow down this momentum, giving you the power to respond in a more proactive manner that's more in alignment with how you want to feel. When you focus on the emotion itself rather than on the story that created it, you will find it easier to shift into a more positive state. Consider doing it in this order:

**Step 1:** Accept the current circumstances that may have caused these negative emotions to arise. Acknowledge that these negative emotions are present and be aware of how they make you feel.

**Step 2:** Take these negative emotions as a sign that your beliefs are out of alignment with what you want to attract. If you're feeling worried or jealous, it's because you're operating from a state of lack. View these feelings as an important wakeup call that helps you come to the realization that you need to shift your focus.

**Step 3:** Generalize the negative emotion and slowly begin to move up the emotional scale one step at a time. For example: Move from worried -> overwhelmed -> bored -> content -> hopeful -> enthusiastic -> joyful.

For example, if you're constantly "worried" about how you're going to pay the bills, choose a slightly better feeling vibration such as "overwhelm."

Overwhelm is a higher vibrational feeling than “worry”. The goal here is to gradually work your way up the emotional scale. Generalize it even more by not labeling the extra work as something negative or positive. Instead, recognize it just for what it is, extra work. Be content that you have the opportunity to indulge in this work. It’s not the best thing in the world, but it’s not too bad either. You might be learning something new or helping other people with their problems. As you begin embracing the extra work, you start realizing that you’re about to earn enough to pay off your bills. Your first paycheck comes in and now you’re enthusiastic about finishing it all up. Finally, you’re joyful for the fact that you were able to pull it off, and pay your bills on time. This is how you slowly shift your perspective and vibration. Take it one step at a time.

## **Technique #3: Tuning Into Freedom**

For the final technique of this chapter, inspired by Nick Breau, I’ll be introducing to you the vibration of freedom. What is the first thing that comes to mind when you think about an abundance of money? For most people, it usually includes never having to worry about finances, living wherever you want to live, having the choice to purchase from the highest quality products or services, feeling empowered, and always having enough to help and support those in need.

These thoughts, ideas, and feelings all correlate to the vibration of freedom. What we truly want is not the money, but the freedom that it gives us. In order to tap into the vibration of abundance, we need to start tuning into freedom.

Start being aware of the freedom that you currently have in your life, even if it’s the smallest of things. Practice consciously tuning into this vibration and it will carry over to your finances. For example, you have the freedom to go take a walk outside, to eat the food that you eat, to have the things that you have, and to do the things that you do. Tap into the vibration of freedom and you will start noticing more freedom in the form of money coming your way.

## CHAPTER 3:

# A BROKE MILLIONAIRE'S MINDSET

*"If you change the way you look at things, the things you look at change."*

- Dr. Wayne Dyer

One of the things that most people stumble upon is the thought that their dreams don't match their reality. They practice the law of attraction, mindfulness, and all sorts of techniques, yet they still seem to get the same results. This leads them to doubt their potential and the infinite abundance that's available to each and every one of us.

They carry this feeling of doubt throughout all areas of their lives and as a result end up sabotaging themselves. Their old selves start to confirm their doubts by having a third dimensional perspective of their life. In other words, they're not operating from the quantum field, but from physical reality.

This tragedy plays out over and over again. Such people often attend tons of personal development courses and seminars, and read all the information that is out there on the topic. They think they're *doing* something wrong, but the truth is their *identity* is not where it needs to be.

As I've already mentioned, choice and recognizing your power to direct it is critical for your success. Most people adopt a powerless position upon entering the world of self-help and aren't willing to let go of the victim mentality. However, the truth is that this is just one reality of existence. You have the power to choose another reality and live according to it.

Your mindset determines how long you will exist in that reality. When you make the decision to change your beliefs and perspectives, your old identity is going to do its best to pull you back. After all, you're comfortable there.



Your brain knows what to expect and there are no surprises. A lack of surprises means the brain can function on autopilot and doesn't have to expend much effort, even if it causes you misery.

In order to ensure you remain in the identity that conforms to your new life, you need to train your mind to think differently. So how do you do this? Well, this is what I'm going to teach you in this chapter. It might be titled "The Broke Millionaire's Mindset," but the attitude is anything but broke!

## **The Abundant Mindset**

Your mindset determines your world. This much is true. The universe's sole mission is to deliver to you exactly what you want, and your mindset is a reflection of whether you're allowing this to happen or not. Many people use their words in a positive manner and think that this qualifies as communication with the infinite consciousness that is the universe.

However, the universe listens to more than just your thoughts and emotions. In fact, this is where most people get it wrong. You can think the right thoughts and feel the right emotions at certain moments, but if you're not *embodying* the combination of the two, you're not undergoing a real and sustainable transformation. These positive thoughts and emotions should be your new normal. An abundant mindset is the realization that the universe is capable of manifesting anything you want. All it takes is for you to become aware of it.

## ***Infinite Realities and the Receiving Mode***

You've learned about the presence of infinite realities from Chapter 1. You've learned how the universe functions on the basis of vibration, and that choosing a new reality is simply a matter of choosing to vibrate at the frequency that matches your desire.

The underlying idea behind the abundant mindset is to recognize that everything you're ever going to need is available for you right here and right now. This is why living in the present moment is so essential. If you

were to live from the past you would only get the same results you have right now. Living too much in the future will keep you unaware of the opportunities that are in front of you. Avoid trying to escape the present moment by reminiscing on the past or wishing for a better future. This is the only moment we have, and in order to realize our dreams, we need to live fully in it.

Scientifically, the present is the only time that truly exists. It is the door to the quantum field where infinite creation is possible. There is no ego in the quantum field, therefore there is no past nor future identity, there is only now. This freedom allows your thoughts and emotions to flow and open up to more possibilities than you ever thought possible. Presence is the key to limitless creation.

When you begin to think in this way and embrace the present moment, you've entered a state that is called the receiving mode. It's where you're in full communication with the universe and the infinite intelligence it possesses. You start gaining clarity and insight that you never would have thought of with your conscious mind.

Because the present moment doesn't take into account the ego and the identity you've created for yourself, this is also where you take the leaps necessary to change your identity. You can only choose to act, think, and feel different right now. If you keep waiting for things to change, you're not creating. If you're not creating, then things aren't changing. When you allow yourself to fully embrace your limitless potential to create your own reality, this is when the magic starts to happen.

Everyone has access to this magic. Unfortunately, we've become so accustomed to cluttering our mind and emotions with fears, worries, "what if" statements, and limiting beliefs that we fail to open our eyes to the wonders of the present moment.

The wealthiest person on the planet, Jeff Bezos of Amazon, is no different from you and I. Bezos isn't some alien, even if he might behave like one occasionally. He just thinks differently from you. The fact that he has additional zeros to his name doesn't change the fact that he's a human being as well and that he's worked with all the resources he's had access to.

*“Frugality drives innovation, just like constraints do. One of the only ways to get out of a tight box is to invent your way out.”*

– Jeff Bezos

Your job is to do your best with the things you have been given. No matter how small, you always have something to build on. This is the essence of the abundant mindset. While on the surface, it's about believing that you have enough of what you desire, when you get down to it, it's also about believing that you have a lot of things to build on and are never lacking resources.

Bring your focus to what's available to you right now rather than what's missing. Instead of working your way out of lack, work your way towards abundance. It might be a small distinction, but it proves to make a world of difference.

Just like how the peak of Mount Everest is never going anywhere, the abundance of resources at your disposal will not either. Your destination awaits you. Start your journey with what you have and the universe will thank you with dividends for appreciating what it has given to you. This leads us to our next topic.

## **Appreciation**

When you're in the right mindset, do you think you'll waste time fretting about how terrible things are in your life? Life will not be perfect when you have money. After all, you'll still be human and you'll still be a part of this world, which means you'll still be dealing with problems.

However, do you think you'll spend your entire day sitting around and moping about how unfair everything is in your life? Or do you think you'll take a look around you and appreciate where you've reached in life? Appreciate where you are and the possibility you have to go wherever you want to go in relation to your goals and aspirations.

Many self-help books encourage you to be thankful and to have gratitude (mine included), but I prefer to take it a step further. Appreciation as an

emotion is far more powerful than gratitude. Appreciation involves acknowledging the abundance in the universe. It implies your recognition of the infinite possibilities that exist in the field. While gratitude is still a positive emotion, there is an element to it that is still attached to feelings of lack. You are recognizing the possibility that things could be worse for you. You compare to those that don't have what you have.

Don't misunderstand what I'm saying here. Gratitude is great. However, if you have the ability to go higher up the emotional scale, then you owe it to yourself to do so. Don't just merely thank the universe for what it has brought to you. Go ahead and appreciate it wholeheartedly.

Look with wonder at the things that are around you and appreciate both the abundance of opportunity you have as well as your own ability to manifest the reality of your dreams. Appreciate not just your surroundings but also who you're becoming. Celebrate your will to create this new reality and appreciate how strong you've become.

*“Be content with what you have; rejoice in the way things are.  
When you realize there is nothing lacking, the whole world belongs  
to you.”*

- Lao Tzu

Appreciation isn't something you indulge in when things have gone your way. As much as possible, you should cultivate it even in your current situation. No matter how much money you manifest you're always going to want more. If you want to manifest 10k per month, once you reach that you will want 15k per month. There is never an end point to manifestation, even if the desire shifts. After making the desired 10k per month, you might decide to want to spend more time with your family, and thus another desire is born.

So no matter at what stage you are in life, you must appreciate it for what it is. If you don't, not only will it make the journey unenjoyable, but it'll take longer to manifest what you think you want. Feel good about going somewhere instead of feeling bad that you are not there.

Your choice to focus on the positives in your life deserves appreciation. How many people have the strength to focus on these even when things are falling apart around them? Not many! Whenever you feel happy and light, look around you and make it a point to appreciate your surroundings and these emotions. Keep practicing this behavior consistently and you will have no problem believing in the abundant universe.

## **The Millionaire Self**

It can seem as if being positive is the very opposite of what you ought to do in such situations. The way to override these paradigms is to instead create a self-image that supports your new reality and underlines your chosen behaviors. The way to believe in abundance isn't to simply parrot a few lines to yourself over and over again.

Instead, you need to move into a new reality, and this means you will need to become the person who lives in that new reality. In short, you will need to develop a new self-image. The money you want is there for you to receive, thanks to the wonders of the quantum field. However, in order to align with the reality you want, you need to become the person that is in a vibrational match with it.

I've used the analogy of climbing Everest before, so let's stick with it. You cannot climb to the peak unless you train beforehand and practice all of the skills you will need to execute the climb. You can't roll out of bed and simply expect to succeed at this task. Try this, and you will almost certainly experience humbling failures without useful feedback.

Instead, in order to achieve the goal of climbing Everest, you need to become someone who can climb it. You need to train and study, but you also need to think and move like someone who is capable of climbing Everest.

## ***Awareness***

Awareness is like a headlamp you can use to navigate the wilderness at night. Every time you step outside of your current reality and try to manifest something new in your life, you're moving into the unknown. Your mind fears this, since it does not wish to change. Often, the fear of change is far worse than the event itself.

There are many ways of cultivating awareness, and being aware is a habit just like everything else. It begins with you establishing your intention to be aware of your thoughts, feelings, and impulses. This is as simple as taking a "mental step back" from all the conscious movement that's going on inside your head, and taking a deep breath. Review the thoughts, emotions, and actions you were just taking and decide whether these thoughts, emotions, and actions are in alignment with what you want to experience.

The first habit that you will notice about yourself when you become aware of your old identity is you will start to judge it. This is a form of egoic thinking and goes against what we're trying to accomplish. This is what causes people who want to be confident to go from being shy to arrogant. Instead of getting angry, judging, or labeling your old self, focus on accepting it for what it is and gently guiding it towards your new behaviors.

## ***Habits and Repetition***

Your aim is to match vibrationally with what it is you desire. When you operate at the new frequency and practice your new habits, your new paradigms will be reinforced in your mind. Because of the work you did to believe in the potential of your new paradigm, your habits will receive positive reinforcement to confirm these beliefs. Thus, creating positive momentum towards the new version of yourself.

This work takes time to have an impact. Although you can choose to identify as a new version of yourself now, it isn't as if you'll wake up tomorrow and be a changed person. Expectations of this kind are not a true reflection of the transformation you're trying to achieve. Instead, focus on repetition. Repetition creates habits and habits build who you are.

This may seem exhausting at first, but only because you're operating from the old sense of self. To ensure you take the right steps forward towards

your new identity, practice altering your physical environment to strengthen it. Start off by slowly changing the things in your immediate environment. The people you hang out with to the stuff you own. Notice the things you talk about that are still attached to your old poverty stricken perspective. The will to move into a new reality will help you take the right action and enforce the new behavior you want to install.

The idea here is not to drop everything for an identity that doesn't resonate with your authentic self. Remember, expressing your authentic self is already naturally aligned with all of your desires. You do not need to become someone you aren't in order to get to where you want to go. Focus simply on removing the filters that are covering up your authentic expression and creation. The best way to do this is through repetition.

As you begin to enact change in your life, you'll notice yourself disconnecting from your old environment, or the things that conform to your old self-image. This is normal, and you should expect some resistance from the people and things around you. They will say things you might not like and your old impulses will get harder to contain, however, with time, this will all go away.

What is the fastest way to learn French? Is it to learn it online from a teacher or is it to actually live somewhere in France where no one speaks English? While the first method is great, there's no denying that the immersion the second method provides will force you to learn a lot faster.

Repetition and immersing yourself in the environment get the ball rolling, and the elevated emotions this brings will win the game.

## **Technique #4: Appreciation Meditation**

For this technique, you're going to do a mindfulness meditation and fusing it with the act of appreciation. In order to do this, find a comfortable and quiet place to sit either in the morning, during your lunch break, or in the evening. Take a couple of deep breaths to tune you into the present moment.

After you've tuned in, think about a person or an object who has recently supported your journey towards financial freedom, security, and abundance.

This could be something as small as a pencil you use to write, or as relevant as a financial consultant who's helping you deal with a few issues.

The subject matter is not important. What is important is that you express appreciation to it/them both logically and emotionally. Let's take a look at the example of the pencil. Logically, the pencil is helping you write down your intentions for the day, thus helping you carry out your work with more vibrational resonance. Emotionally, the pencil is helping you take one step closer to manifesting the financial freedom you desire.

This is a very powerful technique because the vibration it builds can carry to other areas of your life. When practiced daily, this creates momentum and can lead to days on end of high vibration, which can result in faster manifestations. Work your way into abundance, and not out of lack.

## **Technique #5: Content Shift**

The Content Shift is a technique that is more in line with this 21<sup>st</sup> century way of living. We have more access to information today than ever before in human history. This can cause our minds to clutter with useless information or be influenced by news, opinions, and events that ultimately lower our vibration.

In a world where politicians, corporations, and government officials control everything you see on the screen, it's important to filter out what doesn't serve you and your purpose. When it comes to negativity related to local or national politics or economics, only give enough attention to be informed but not enough attention to be consumed.

The idea behind this technique is to simply be aware of the content that you consume and the time that you put into it. Ideally, you want to be consuming content that benefits you vibrationally. In other words, content that makes you feel good, inspired, motivated, creative, and aligned with who you're becoming. Rather than putting your focus on things that don't benefit you, put your focus on things that do.



## **CHAPTER 4:**

# **A DOLLAR BILL'S RELATIONSHIP ADVICE: HOW TO MAKE YOURSELF ATTRACTIVE TO MONEY**

*“When I chased after money, I never had enough. When I got my life on purpose and focused on giving of myself and everything that arrived into my life, then I was prosperous.”*

- Dr. Wayne Dyer

You've already learned how the regular notions of “making” money are invalid. The money you desire is here, waiting for you to allow it to come into your life. Your job is to shift your paradigm and match with it vibrationally. By doing this, you'll effortlessly align with the idea of it and attract it into your life.

I discussed habits in the previous chapter and how these are the bedrock of your new reality. What are some of these habits and paradigms that allow you to attract money? I briefly hinted at some of them, but in this chapter, you're going to learn four very important perspectives.

These perspectives can be seen as paradigms or behaviors that will help you align with the manifestation of money from multiple different streams. Don't look at them as things to do necessarily. Instead, look at them as ways of being. These methods will help clarify to you how one needs to perceive money in order to attract more of it into their lives.

## **Allowing vs Forcing**

The first method or way of being is the act of allowing. Think back to when you've received something desirable in your life. Did you feel as if you had to force it to come to you? Or did you simply desire it and allow it to come into your life?

Chances are the latter is what happened. When we want something desperately, we make the mistake of chasing it and trying to force it to come to us. We want a beautiful partner, so we chase them and try to convince them of how amazing they are and how happy we would be with them.

All the while, the person being pursued is building greater resistance towards us. If you've ever been pursued by such a person, you know exactly how this feels. The very act of chasing implies lack. Think about it. Does a whole and complete person go around trying to convince people that they're a great person to be with? Do they run around trying to get people to be friends with them? Or do they simply relax and be who they are and allow friendships to develop?

Allowing is something that most people who have grown up in Western society do not understand. The education systems have convinced people that in order to achieve something, we need to go out there and take it through hard work and persistence. This act of "taking it" is heavily misconstrued.

Think of yourself as a vortex that attracts everything you want in life. The spinning of this vortex is working in your favor as you align vibrationally with the frequency of your desire. The more you are in alignment, the stronger the spinning, and thus the more you will attract.

Now, imagine sticking your arms out to reach for your desire. As you stick your arms out, you begin to disrupt the flow of the vortex. Instead of allowing the vortex to attract your desire, you're forcefully trying to reach out and grab it. This slows down the spinning and thus leads you to misalignment with your point of attraction.

Forcefully pushing yourself towards your desires is only going to distract you from what's really important, the process. All of life is a journey and the goal itself is nowhere near as important as what you undertake to

achieve it. When your focus is on the process, you're in the present moment. We've touched at how important this is in the last chapter.

Ask successful people or those who have achieved their goals and they'll tell you that the journey was far more enjoyable than achieving the goal itself. While the sense of achievement was amazing, the joy of that moment was far more short lived than the appreciation they have for the journey that got them there.

Fixating your mind over a goal that has to be reached is also believing in the fallacy of time. Your goal is a fixed moment in time, and represents a moment when you will be satisfied or be somehow whole. This attitude also convinces you that the current moment isn't good enough and just like that your appreciation for it vanishes.

Allowing is extremely powerful because you become more receptive to alternative routes toward where you want to go. Remember when we talked about infinite realities in Chapter 1? The manifestation of money will not come in a way that's 100% predictable. Manifestations come from the unknown. In other words, from a pool of infinite possibilities. Understand that manifestation is not a fixed process.

Be open to any detours or delays. Trust that everything is conspiring to help you towards your dream. Allow yourself to relax in the present and go with the flow. Every action you take should reinforce your vibration and thus bring you closer to your destination!

Consider the example of a consultant who is scarce in their mindset. All they can see is the lucrativeness of one on one consultations. However, a consultant who is abundant will realize that there is more than one way of making money. They can make money from speaking opportunities, personal branding, creating courses, conducting private group coaching, writing books, and so on.

There are many ways to reach your financial goal and you cannot possibly envision all of them. So sit back and allow yourself to align vibrationally with new opportunities and ideas that will lead you toward your desired manifestation.

# **The Non-Importance of Money**

The power of choice is the most important thing that all of us possess. Being able to consciously direct your focus to things that bring you joy and happiness is a super power. We've talked plenty about this already, however, it's important to know exactly what are the specific perspectives we should be choosing to focus on.

Consider the following situation: A large group of people are milling around and suddenly, dollar bills start showering upon all of them. All of them begin to rush around trying to grab as much money as they can. They push and shove one another out of the way in an attempt to collect as much money as possible.

All except for one person. This person looks on with bemusement. They might pluck a few bills that land on their head or shoulder but they aren't crawling around and acting desperate. They're completely secure with their position and are unwilling to let the promise of free money swerve them out of alignment with who they are becoming.

Recognize that you have the choice to stay in alignment with who you are becoming, however, it requires you to have a certain perspective about yourself and your reality. Life will test you and your new way of being. It will bring up opportunities that poke at the habitual impulses of the old you. Standing your ground is essential if you truly want to experience self-transformation.

Imagine hiring someone for a position in your company. The first person is a people pleaser and is willing to do anything to make you feel good. The other person carries themselves with a sense of self-worth and stands behind their values. Who are you going to respect more? Who will you direct more of your attention towards?

Your relationship with money is the same in many ways. In order to attract money to you, you need to treat it as your equal. It is energy like everything else. You own a pencil, a car, a couch, and some money. It is no different from anything else. Become servile to it and it will disrespect you and force

you to demean yourself in order to attain it. Eventually, this leads to burnout, depression, and a wasted life chasing instead of living.

I want to stress that when talking of how money is “non-important,” I’m not saying it’s not a necessity. If you reject money just for the sake of rejecting money, then you’re rejecting your dreams. We live in a world where money is indeed necessary if you want to express your highest potential, however, it’s not necessary enough for you to sacrifice your values and vibration to earn it. Become a "partner" to money rather than being its "servant" or "master.”

Treat your money like you are walking a dog. Give it the freedom to walk around the neighborhood and experience growth, but make sure you have a leash on it or you will spend the rest of your days chasing. A neutral perspective of money is essential if you don’t want it to manipulate how you think, feel, and act. Detach it from sense of self-worth. Treat it as an equal and you will find it flowing to you with more ease.

## ***Where to Focus***

Money is energy, and this also provides us with a clue with regards to where your focus ought to be directed. In every encounter you have in your life, focus on the energy being exchanged. Are your interactions resulting in an increase of energy within you and within those around you? Are you involved in a process of creation or deterioration?

Money is made when value is provided. This is just another way of saying that when the energy of something is increased, money flows towards the entity that worked to increase it. Focus on the energy you are putting out into the universe and it will reward you with the necessary tools to continue doing what you’re doing.

Thinking in this manner will be tough at first, since we’re so used to focusing on money as being an object to collect. If you give it this meaning, you’ll give it too much importance. It goes from being a simple form of exchange into your main goal. This stops you from being focused on the process, and thus removes you from the present moment.

There are an infinite amount of ways to generate money, and you have more than enough within you to make it happen in your life. Work into abundance at all times by searching and being aware of the opportunities that surround you right now. This could be at your current job or through some idea you came up with.

Focus on creation and expansion using what you have and the universe will automatically register your efforts and push you towards even more abundance. It isn't just money you will attract, but prosperity in all areas.

## **The Law of Increase**

Central to the point of focusing your energy on creation is the truth that the universe is always expanding. This has been proved scientifically (*What Does It Mean When They Say the Universe Is Expanding?*, 2019). Since the moment it came into existence, the universe we live in is growing in size.

Physically speaking, this means there is always going to be more space for us to express ourselves and live through our natural state of being. It also means that the energy surrounding us is constantly increasing. Most people have a backwards idea of value despite the physical evidence that is right in front of their eyes. They believe that they can give value only when they receive something first.

It simply doesn't work that way. Holding onto this belief implies that the universe is scarce and that it isn't infinitely abundant. When you're dealing with abundance, you're firmly stating that the more you give the more you get. There is no limit to how much you can give or receive as a result.

Think about a relationship in your life. The more love you give or display towards the other person, the more you receive in return. There's no limit to how much you can love someone. Neither does displaying affection and love reduce anything within you. In fact, the opposite is true: the more value you provide to the universe and to those around you, the more of it you receive in return. This allows you to expand and to move in line with the natural flow of the universe. Why else does every successful person constantly invest in learning and in bettering themselves?

Contrast this behavior with an unsuccessful person. What is the first word that springs to mind when you think of someone who does the same thing at a job they hate, day in and day out, waiting for their paycheck at the end of the week? Words such as stagnation, restriction, and deterioration spring to mind. All of these words imply a lack of movement and the absence of expansion. In other words, they're out of alignment with the natural flow of the universe. How can they expect to receive anything when they're against the flow?

Another way of applying the law of increase is by raising the vibration of everything you come in touch with. In other words, you're in the act of creation through others. A good example of this are the motivational speakers and coaches. They bring the best out of you so you can go create and expand more things in your own reality.

Generosity is the key to happiness. What is this but another way of saying that by increasing the wellbeing and the positive vibration of those around you, you raise yourself as well? Attracting wealth and prosperity is an alchemical process wherein you better yourself, and better the world as a result.

This is why many spiritual leaders constantly advise us to share our gifts with the world. All of us have been blessed with skills and gifts that will make the world a better place. You could hold onto it and try to keep it all for yourself but this will only result in stagnation.

The more you focus on creation and expansion, the more you increase prosperity, and this is right in line with the way the universe behaves. The natural conclusion of this law is that you will attract more of what you want into your life.

Focus your energy on not only feeling good yourself, but on helping others feel good as well. The key here is to do it from a place of sincerity and not from a place of "if I do this than I'll get that." It won't work if you do the latter. Every action you take has a vibration behind it, and when your vibration is out of alignment with the action you're taking, no matter how many times you perform that action, it'll never serve you in a positive way.

Avoid this by embracing the law of increase as part of your identity. You naturally want to help people just for the sake of helping them. You don't have to take responsibility for what someone else feels, but you can do your best to help them better themselves without placing expectations on them. For example, you can advise someone as to the best course of action but leave it up to them to walk that path.

Placing expectations over them to behave in a certain way is trying to control the outcomes of the universe. It removes you from the mode of allowing things to happen. Remember that you're not in control of your reality, you're only in control of how you respond to it.

## **Technique #6 - Daily Vibrational Increase**

This technique will resonate with those that want more in their life. Not just more money, but more relationships, friends, passion, connection, and impact. It's a part of life for us to always want more. We are naturally looking to expand just as everything else in the universe does. Your vibration is either increasing or decreasing. This means you are either experiencing more of what life has to offer, or less of it. You are never stagnant. However, many people are unconsciously allowing their vibration to drop because they're unaware of this.

The idea behind this technique is to focus on increasing the vibration of yourself, others, and your environment on a daily basis. Some examples include: cleaning up your house, complimenting someone, donating, listening, being a good friend, etc.

It does not matter what action is entailed. What matters is the intention behind it. By increasing the vibration of things around you, you are inevitably increasing your own vibration. When this happens, you become more aligned with the law of increase. Simple acts done on a consistent basis can produce extraordinary results. Live by this and opportunities to grow your finances will come.



## CHAPTER 5:

# THE EASIEST AND FASTEST WAY TO BUILD WEALTH

*“If you say that money is the most important thing, you’ll spend your life completely wasting your time. You’ll be doing things you don’t like doing in order to go on living, that is, in order to go on doing things you don’t like doing...”*

- Alan Watts

If you're reading a book such as this one, you no doubt want to manifest money in your life as quickly as possible. No one wants to sit around waiting until they're of old age for wealth to show up! Wanting money to enter your life as quickly as possible isn't unrealistic or impossible.

Remember that all the wealth in the world already exists and is available to you. Yet, many people who practice the law of attraction don't realize success they expected to. Why is this? In short, it has everything to do with alignment. Alignment is the harmony between the heart, mind, and soul. When we're in alignment, we're a vibrational match to our desires.

You've already learned that everything in this universe is energy. While we have material forms, what we really are is a bunch of vibrating subatomic particles that emit energy at a certain frequency. The more you vibrate at the frequency of what you want, the more your dreams will manifest in your life.

You can generate as many positive thoughts as you want, but if you happen to be misaligned with your purpose in life, you won't realize the type of wealth that you're truly after. Feeling fulfilled from building a certain level of wealth is more important than manifesting the money that comes with it.

When speaking of purpose, a lot of people become scared and retreat into their shells.

This is because our true purpose is a pure and raw reflection of our inner being. Recall how you earlier learned that everyone has a gift that they can impart to the universe to make it better and to help it expand. For most people, thinking in such terms is scary. After all, we're talking about the meaning of life itself!

What they instead do is aim smaller, or adopt someone else's goals. This is why "making a million dollars" is a trending search topic no matter where you look. Most people want the best looking partner in their lives, to be rich, famous, and on the cover of glossy magazines.

But hardly anyone pauses to ask: What makes me happy?

## **Your Vision and Purpose**

In order to align yourself with the ideal scenario you wish to manifest, you need to clarify or construct two pillars in it. These are your vision and your purpose. Your vision refers to how you see your life unfolding and specifying what it is you're in this world for. Everything that you do is subordinate to your vision.

Your purpose defines the impact you want to make. This is the mark that you will leave behind in the world. These are not puny questions to answer. Over the course of our lives, our vision and purpose might change. In fact, a person who grows over the course of their lifetime will inevitably move onto bigger and broader purposes.

Everyone on this planet has their own path to walk. The origins of this journey is not known. No matter what your beliefs are, there's no denying that our lives are a journey in and of themselves. We learn things about the world and about ourselves, and are given opportunities to become bigger and better versions of ourselves.

Our knowledge and resolve is tested every step of the way and it only makes us stronger. Having a vision for everything you do helps put

everything in your life into better context. It answers the seemingly simple question: Why am I doing this?

We do many things in our lives that don't make sense to us. Why do we spend time at work when we really want to be spending time with our kids? Why do we treat our loved ones more harshly than we treat strangers? Why are we harshest towards ourselves? These behaviors typically occur due to a lack of a vision.

Make it a point to ask yourself the biggest question of them all: Why do you want more money? Now there are two ways to answer this question. You can either answer it through your egoic mind or through your inner being. One is an illusionary answer and the other is the truth.

The first answer will involve aspects around strengthening an egoic identity that is attached to past and possible future experiences. As we know by now, the past and future do not exist. The past and future are inaccurate definitions of an experience that doesn't exist because the only moment that really exists is now. Experience is momentary, therefore, wanting more money to fill a need from the past or in the future is flawed thinking. This will always keep you wanting more and never being satisfied enough to appreciate your life experience. It's as if you're eating a burger today while thinking of the sushi you want to eat tomorrow. When tomorrow comes and you're eating the sushi, you'll start thinking about the next day's meal without ever fully embracing the sushi that you're having right now.

The second answer will involve aspects around authentic expression of life experience. In other words, all your inner being wants is to fully express itself without limitations. This entails fully embracing the present experience. What this means is you will never need anything external to ever feel fulfilled within. Sure, you want things in your life, but you don't need them. It's by radiating this kind of energy out into the world that will attract all the things you want. If you need something out there to feel good in here, you'll never match with it vibrationally. It's like someone gifting you a car, but you don't know how to drive. If you don't know how to drive, then the car is useless to you. Master your internal experience and the external one will naturally fall into place.

Back in the early 1900s, there was a man who had figured out his purpose and his vision and brought an entire empire to its knees. His name was Mahatma Gandhi, and he managed to free the Indian subcontinent from the British empire without firing a single bullet.

He was imprisoned, derided as a half naked monk and was mocked for organizing salt marches across the subcontinent. However, despite all the mockery and despite all the taunting, he won. Do you think Gandhi cared about the money he made in his lifetime?

This fact is less known, but he was a highly educated lawyer. Prior to taking part in the Indian freedom struggle, he was an activist in South Africa where he protested the racist policies of the Apartheid era government in that country. He was even thrown out of a train and jailed for all his troubles. He could have led a comfortable life as an educated lawyer.

This wasn't aligned with his purpose though. Gandhi's aim was to rid his homeland from the oppression of the British. When he set about trying to achieve his purpose, there was no way he could have known how it would play out. He did it anyway.

The grand scale of his vision and purpose should have scared him. He had no money to speak of and owned less than ten possessions. Nonetheless, he achieved what he set out to do step by step, piece by piece.

In the beginning, you're not going to know how you will manage to get from A to B. Your purpose should scare you a little. This means you're doing it right. New experiences will always come from the unknown. It won't be easy to let go of everything and step into the darkness. Dropping all external expectations for how you should be living is the number one key to getting into alignment with what you want out of life. It's as if you dropped a 9-5 job you hated that paid you six-figures, to start working on your dream whilst living in a studio apartment. Choosing happiness over money will always lead to a fulfilled present moment, the only moment in time that exists.

It's never too late to make the switch from your unenjoyable 9-5 job to following your passion. Do not let societies faulty expectations tell you what you should and shouldn't do. If you ever decide to take this leap of

faith, be sure you're doing it with a conscious state of mind. If you're only dipping your toes or quitting your job just to quit your job, you'll never get the results you'd expect because most of you is still attached to the old identity. Follow your heart, plan with your brain, and align yourself vibrationally to the point where your emotions are so elevated the universe will begin to shower you with opportunities, people, and money like you've never experienced before.

My purpose with this book is to help you manifest wealth in alignment with who you really are. You may start off in that studio apartment, but if you're in alignment, if you're optimistic about what you're creating, if you're happy with the process even if it entails near impossible challenges, you will succeed. This is to adopt the path of least resistance and is what will cause you to manifest money into your life and build the financial wealth you've always desired.

## **Passionate vs Hard Work**

There is a lie that is extremely prevalent in our societies. We venerate people that call themselves hustlers, and refer to "the hustle" as being something that ought to be rewarded. To make it clear, there's nothing wrong in working hard towards a cause. Someone who is passionate will expend a lot of energy towards building their vision.

The danger arises when you buy into the lie that in order to make your dreams come true, you have to hustle and nothing else matters - that you have to give up everything else in order to make it a reality - that sacrifice and suffering is a necessary part of your journey. That is a complete lie.

People like Elon Musk regularly make comments about how he works 120 hour weeks and that the best way to defeat the competition is to simply outwork them. He also openly admits that he cannot sleep without Ambien and that his vision has cost him two marriages and has placed untold amounts of stress on him.

He sometimes refers to these events with a hint of pride, as if his vision is large enough to make these things justifiable. Let's take a step back and

consider the relationship we have to the field or to the universe, which is one and the same thing. The universe's purpose is to nurture life. It's why we've received the gift of existence on this planet.

More than any other part of the known universe, this singular planet is at a perfect distance from the sun so as to create warmth but not burn us to a crisp. It has a layer of air that protects us from the sun and filters only the life creating aspects of it. It has deep oceans that regulate the air temperature and provide us with food.

The entire ecosystem of this planet is balanced in a way so that the entire system prospers when just one portion of it is healthy and nourished. If the universe were personified, you would conclude that these are the actions of an immensely kind and benevolent being.

This being wants us to achieve our purpose because when we do this, the universe grows richer. It is ready to give us all that we need. Do you think such a being would want you to exhaust yourself and punish yourself in pursuit of your goals? If you have a child, is this what you would want for him or her?

Yet, we believe that hustle is the only way to get there. The truth is, it's not impossible to get rich by hard work alone. Plenty of people have done it before, including Elon Musk. If you believe it takes hard work to be successful, then it'll take hard work to be successful, thus making that statement true. You are that powerful. You create your own reality through the power of your own beliefs. If you believe that success can come with more flow, ease, and alignment, then it'll come with more flow, ease, and alignment.

Remember that the energy that you put out into the world is what you will attract back to you. A person that regularly punishes themselves in the name of achieving their goals will attract nothing but more punishment, even if they manage to achieve it. Imagine working all your life for a single purpose and then finding out that it makes you even more miserable!

This is because when you work out of alignment with yourself, you're creating even more resistance in your life. You need to expend more effort to overcome this resistance and this creates even more resistance. It's a bit

like trying to swim upstream for no reason other than being convinced that this is the only way.

Acting out of alignment is to display supreme arrogance in your knowledge and it is to say that your ego knows better than your inner being. Society often backs up this sort of thinking because we haven't evolved beyond our three dimensional way of viewing reality.

We look at a person's results and think that copying whatever they do must be the right way of doing things. The right way to evaluate a situation is to look at the energy inherent in it. A person who exhausts and punishes themselves in the name of their purpose doesn't contribute to the energy of the world, they end up sucking more out of it. They place a burden on the ones they love and on those who work for them. Instead of spreading their vision as a gift, they end up spreading misery.

Is it worth achieving your purpose at such a cost? Working from real passion is all about increasing the vibrational energy of everything around you. This leads to more freedom and flow when it comes to how you operate at work. Ironically, this helps you achieve your goals a lot faster. This is because when you love what you do, you work on it just for the sheer joy of working on it. You'll work harder than someone that isn't in love with the process. This is the difference between hard work and working hard. If you don't love what you do, it's hard work, if you love what you do, you'll work hard for it.

This doesn't mean you should quit your job and sit meditating under a tree. That is a childish conclusion. Instead, you should work because you want to work, and not because you need to. There is an intelligence far greater than you that is on your side. When you ignore it's guidance, you're prolonging the manifestation of your success. Work from a place of inspiration rather than motivation.

## ***Inspiration Impulse***

The inspiration impulse is an impulse that moves you to take action on a particular task in accordance to the wants of your inner being. This is an action you're taking just for the joy of taking the action. It feels almost like

there is a universal force moving you to take that action. There is an absence of urgency, neediness, anxiety, and stress when taking this type of action.

The importance behind the inspiration impulse is that when it happens, you're usually at a high vibrational frequency. This means that the action that you're taking is coming from a place of joy, love, happiness, and inspiration. This leads to more efficiency and better work.

Take the music industry for example. There are artists that release 10s of 100s of songs a year, yet, they still struggle to reach the masses and climb the charts. Then there are the artists that release two or three songs and one of them ends up being a big hit. The song then proceeds to climb the charts, the artist gains more recognition, and before they know it, they're a superstar.

This is the power of taking action through inspiration rather than through effort. If your actions require effort, then there is resistance when taking this action. This means that you are out of alignment with what you want. You will never feel bad about what it is you desire. This is precisely why feeling bad while taking action to manifest a desire will move you out of vibrational alignment with it. Work that is performed from effort rarely produces results, and if it does, the progress is minuscule.

Putting in hard work leads to burnout and drained energy. If effort correlated with the amount of money someone made, construction workers would be millionaires. However, this is obviously not the case. The amount of money that you make is only correlated to the vibration behind the actions you take to make that money. This is why following your passion and purpose is such an important step in your journey to effortless success. Reaching monetary success that isn't in alignment with your passion is not real success. Real success has to come from within.

Resistances arises when we ignore these impulses simply because we do not logically understand them. The brain will never speak the language of the heart, however, recognizing that both have a role to play in your transformation is essential.



Consider the brain as a lightning rod that receives information from either your ego or infinite intelligence. Your heart is the decision maker on whether these bits of information that you're receiving are in alignment with who you are and what you want. Let the brain translate the information for you and let the heart choose what will serve you best.

The path of least resistance is the path guided by your inner being. Following this path can be confusing, uncomfortable, and strange because it goes against all the conditioned thoughts you have about who you are and how the world is supposed to be. Ask yourself whether you would like to swim against the current or with it. The path of least resistance will put you in the direction of the current in your life and will bring the physical manifestation of your purpose and vision that much quicker to you.

This is why "hard work" is weak work. It requires you to go against your true self and to then overcome all the obstacles that emanate as a result of that resistance. Working in alignment is far more powerful. There's no reason for you to tackle obstacles that you create for yourself after all!

## ***Vibrational Productivity***

Often times people have trouble finding out what their passions are or lack the necessary connection to have the inspiration impulse we mentioned above. What should you do then?

The answer is simple: Move into a state of higher vibration.

Accept that the inspiration hasn't manifested within you yet and move on. This is a crucial step because there are two ways of accepting the absence of your inspiration. You either focus on the lack of it, which goes against everything we've talked about so far, or you focus on what can possibly trigger this inspiration.

If inspiration arises from your passion, fulfillment, and happiness, then do things that are in alignment with this. If you have a passion for cooking, but lack the inspiration for a new dish, start cooking!

It can be anything that puts you in alignment. Inspiration in the dictionary is defined as: "a feeling of enthusiasm you get from someone or something

that gives you new and creative ideas.” The key word here is “new.” Inspiration doesn’t come from your old ways of thinking. It comes from this infinite consciousness we call the universe. It comes from the unknown.

When ideas, thoughts, and actions arise from the unknown, they carry a heavier weight. They come from an intelligence beyond you and me. One step of inspired creation can get you farther than one hundred steps of misaligned and effortful action.

Another way to get in alignment with an inspiring idea or impulse is to focus on why you’re performing the action. If you dislike your job or you have a distaste for your boss, shift your focus. See where the positive aspects lie in the work that you do. Who are you helping? Who benefits from what you do? How does your job influence the vibration of other beings?

Most of the time, you’re working to make people’s lives easier and better. So why not focus on that? This will inevitably raise your vibration, increase your productivity levels, and put you in a state where you perform a higher level quality of work, thus leading you to more inspired ideas, and as a result, more money manifestation.

## **Technique #7 - Your Perfect Day**

The Perfect Day exercise is a classic that never goes out of fashion simply because it’s so effective. Creating your perfect day helps you outline exactly how you want your life to look like. The idea behind it is to create this perfect day without any limitations. Do not put your focus on the “how,” instead, put it on the “what.”

Your perfect day should be a few pages of what you want your average day to look like in the next 5, 10, or 20 years. This technique involves reading it as often as you can to help align you energetically to that which you desire. If you write exactly what you want out of life, there is no reason why it shouldn’t raise your vibration. Pick it up every morning, be present, and give it a quick read to remind you of your purpose and vision of what you want to experience and who you want to become.

Because you're human, your values are constantly changing. Your perfect day will also change with time, so don't worry if you're not resonating with it after a few months. Re-write it and continue doing the exercise. I've compiled a collection of questions that I used (and still use) to create my perfect day. I read it every morning as part of my routine as soon as I wake up. Every few months I change a few things here and there, but the overall vision is the same.

Consider the following questions when writing out your perfect day:

- At what time do you wake up?
- Who do you wake up with?
- What does your house look like?
- What city are you living in?
- What does your morning routine look like?
- What are you having for breakfast?
- What's the weather like today?
- How do you feel throughout the morning?
- What kind of passion projects are you working on?
- How much are you making every month? Every year?
- What kind of people do you work with? Describe them individually.
- How long do you work for?
- Where are you going for lunch?
- What's your daily mode of transportation?
- What kind of people do you spend your time with? Describe them individually.
- How do you feel around these people?
- What activities do you do throughout the afternoon?
- How do you speak and act?
- Where are you going for dinner?
- How do you feel after living out 2/3 of your perfect day?
- What activities do you do throughout the evening?
- What is your nighttime routine?

- What time do you go to sleep?
- How do you feel when falling asleep?

## **Technique #8 – Purpose Finding**

Now that we've talked extensively about why pursuing your passion and purpose is essential for manifesting money quickly and easily, let's focus on how to actually find these things. Most people do not know what their true passion or purpose is. This is where the Purpose Finding technique comes in. If your work feels more like play, there's no reason why you wouldn't manifest money with it, especially if it involves providing value to other people.

The Purpose Finding technique involves three simple steps. They are the following:

**Step 1:** Set the intention of finding your passion. Put energy behind this endeavor. Most people never find their passions because they never go out to look for it. Become more aware of the things that draw you in and how you can provide value in this field.

**Step 2:** Do things you enjoy doing. The definition of passion is: "An intense desire or enthusiasm for something." Follow that which lights the fire within you in this very moment. It's important that you don't follow any future or past feelings. Follow what feels good right now.

**Step 3:** Seek new experiences. Sometimes, you may not even know what you enjoy doing or how you can turn it into something monetized. This is where this step comes in. Trying new things will get the creative juices flowing and keep you constantly expanding your horizons. This will help you connect dots you never knew you could connect.

## CHAPTER 6:

# THE TRUTH BEHIND VISUALIZATION

*“Know that faith is like a seed planted in the ground; it grows after its kind. Plant the idea (seed) in your mind, water and fertilize with expectancy, and it will manifest.”*

- Joseph Murphy

Visualization is one of the most powerful ways of ensuring your vision comes to fruition. How does one go about performing it, though? The fact is that visualization triggers many positive things, along with one major negative. You’re going to learn all about the proper way to visualize your dreams in this chapter.

All visualization starts with a desire. If you're reading this book, you wish to manifest more money in your life. The thing about visualization is that desire alone isn't enough. It needs to be backed by an expectation that this desire will come true to really lend it some weight.

## Expectation

Why is expectation so crucial? Put simply, expecting your desires to come true is an act of faith. It is an act of placing your trust in the universe and in the way it works. This isn't a particularly new concept; every religious book and treatise has spoken about placing trust in a supreme being and praying as if your wish has already been granted.

This goes to show that the knowledge about how the universe works is pretty ancient indeed. Whether you're religious or not, there is no denying that we are a part of the infinite cosmos. Thanks to this, we have direct

access to its consciousness. While we might not be able to comprehend it at all times, there's no denying that we are nurtured by it.

Visualization prepares your mind to live in the future and shed the memories of the past. Those paradigms that hold you back do so because they keep referring back to certain memories that justify their existence. For example, if you believe that money is evil, there is a memory within you that pertains to this belief. Perhaps your parents told you this, or you suffered through some experience in your life that validates this thought. Visualization is a method of using this memory referencing for your benefit and helps you create new beliefs and paradigms. The mind cannot tell the difference between a real experience and an imagined one (Hanson & Mendius, 2009).

The more connected you are to your visualization and the more you embody it, the more your mind will believe that it is a real experience. With repetition and intention, you'll manage to have this new paradigm override the old one. Lending the new paradigm weight, and your visualization along with it, is the expectation that your desire will come to fruition.

The key here is to expect your desire to manifest without needing it to manifest. In other words, you will not be swayed whether it manifests or not. Keep in mind that your primary focus should be to stay in alignment at all times in the present moment as if it already did manifest. You can use expectation to put you into alignment, but don't let it move you out of it.

When you expect your desire to manifest, you unconsciously align with it vibrationally. Let's say you want to travel to Europe for 6 months as an example. If you expect this to happen, what first steps would you take? You would probably start looking up hotels, flight dates, tourist attractions, or contacting relatives and friends that live in these places. You'll start doing things that imply that your desired manifestation is already on its way. Expect the experience, and let the universe take care of the details.

This is an extremely powerful way to manifest, however, there are a few pitfalls that people can fall into during this process. It's okay to stay connected with your visualization and desire, but do not be attached to it.

## *Attachment*

One of the biggest pitfalls you can fall prey to is getting attached to the outcome. Attachment implies movement beyond mere expectation. The state of expectation is characterized by you eagerly allowing the arrival of something you know is coming. Attachment implies tying your entire self-worth to its arrival.

There's a fine line between expectation and being attached to the outcome. Attachment is simply another way of escaping lack when what you should be doing is moving towards abundance. The key to note here is the place where your focus is directed. Anyone escaping lack is simply looking backwards; they care more about avoiding something bad than gaining a desirable outcome.

Often times, when we have expectations, we subtly give room for our ego to start thinking about the details. This includes the how-to's of manifesting a desired outcome. This "muddles up" the energy and thus creates resistance rather than trusting the process and trusting that there is an infinite scale of energy that is in the works. The "how" is not your problem.

When things go wrong, the ego will try to convince you that your dreams are impossible and that staying where you are is more suitable. This is why expecting details is never a good idea. It gives room for the ego to judge your manifestation just because it wasn't "perfect". Become more aware of your doubtful beliefs and you will start to recognize just how absurd they are. The ego is always trying to hold onto an identity, predict an outcome, and create from a known state of being. In other words, the ego solely operates from the past.

Prosperity and money can come to us in a million ways. We cannot possibly know the permutations and combinations that lie ahead of us. Only the infinite knows that. Keep your focus on the present moment and on the timeless wisdom you have access to. This keeps your ego at bay. One of the reasons why locking ourselves into one single way of manifesting doesn't work is because creation is a joint process. It takes two to tango and creation is no different.

## ***Co-Creation***

Despite the large part we play in creating our reality, the truth is that we're still a part of a larger ecosystem. Everything that you have created has a portion of reality that has been created by someone else. If you're working a job and visualize earning a higher salary, you need your boss to cooperate with your vision to grant you higher pay, whether they know it or not.

They are co-creators in your vision. Given the infinite number of ways in which people interact with one another, this means there are an infinite number of ways in which money can come to you. Attaching yourself to one particular vision or expectation thus removes this infinite possibility from your life.

It's a bit like the universe saying that you have all of these options but you stubbornly cling onto a single one because you think you know best. This creates resistance and moves you out of alignment with your abundant self.

Everyone on this planet and in this universe is a part of a unified field, with all of us interacting and creating each other's dreams. This is what creates life in our existence. So let go of the need for one particular outcome to manifest and instead allow the universe to give you what you desire.

Focus on the experience and not on the physical manifestation of money. In other words, don't visualize your bank account growing larger. This doesn't mean anything without the feeling of security and freedom that it brings. Therefore, focus on that instead. I've already detailed the myriad number of reasons why you should be focusing on this.

There is one other thing you should be aware of. Your dreams will not manifest immediately. This is because you need to experience them in the fourth dimension before you see them physically in the third dimension.

## ***Fourth Dimensional Reality***

The idea of experiencing your dreams in the fourth dimension ties back to having faith that the universe is ready to give you everything you want. It goes back to believing in your ability as a creator. Only when you've fully



experienced gaining your desired sum of money vibrationally will you see it manifest physically in your life.

Why does the universe do this? If it's ready to give you everything you want, why not simply give it to you? The reality is that most of us are not ready to receive what we desperately want. A large sum of money might cause you more harm when showered upon you all of a sudden.

The universe ensures you're prepared for what you want by wanting you to vibrationally match the experience first. This is how the universe works. You must emit a vibration that fits in accordance to the physical reality you want to experience. You will never be mentally or emotionally ready to experience it because you haven't experienced it, but vibrationally, you did, because you believed it and allowed it to be a possibility in your life. This is why you feel nervous, or should I say excited, the first-time you buy a new home, land your dream job, or reach a 6-figure month in your business.

People who expect their emotions to follow physical manifestation are doing it backwards. They're failing the test that the universe is placing before them. If you want money in your life, you need to already feel rich. If you wish to meet your special soulmate, you need to already be in love.

As Gandhi said, you need to be the change you wish to see. Only then does the universe send experiences that match the vibrational frequency you're emitting. This is a universal truth and is the very basis for manifestation.

The reason why manifestation takes so long to happen is because physical matter is extremely dense, while thoughts and emotions are fluid and flexible. They both make up the same kind of energy that can be found across the cosmos. However, they are simply expressed from a different perspective.

The third dimension is where the ego thrives. This is where everything is seen as fixed and where duality is perceived. This is what allows us to differentiate from good and bad, up and down, and light and dark. A lot of contradictions happen here. It can feel very real to notice the difference between various expressions of matter. The key is to know that everything you perceive with your five senses is all connected and an expression of the same thing.

Reality is very flexible. We only perceive that reality is solid, fixed, and permanent because we may still be operating from a third dimensional level of consciousness. Your identity and your physical reality is very much malleable. This brings us to the fourth dimension.

Think of the fourth dimension like a dream world. Everything is very flexible, easy to manipulate, and things manifest instantly. Understanding this should give you enough inspiration to believe that you are the creator of your own reality. When we begin tapping into the fourth dimension, we consciously start deciding who we want to become and what we want to experience in life. Instead of allowing life to control us, we control our lives.

The existence and the importance of the fourth dimension is essential for the manifestation of your desires. So go ahead and visualize all of your dreams in detail. Don't stop there, though. Continue and live your chosen reality with your eyes open and be aware that nothing is permanent, and anything can change if you choose to perceive that possibility.

## **Technique #9: Fourth Dimensional Manifesting**

This is a technique that focuses on primarily manifesting in the fourth dimension. In other words, we'll be focusing on manifesting in the quantum field. This will help you experience the freedom you after before it's reached the third dimension. The steps are as follows:

**Step 1:** Be aware that the only moment is the present moment. Everything you've ever desired can be experienced here. This is the door to the fourth dimension.

**Step 2:** Choose what it is you truly desire. The possibilities are infinite. Refer back to the Perfect Day exercise if you need to.

**Step 3:** Find something that implies that this reality that you desire already exists in the third dimension. In other words, find an object or experience that confirms that which you want is possible for you. Something you can touch is often more powerful. For example: If you desire to live in a beach

house, go to the beach to experience it. If you want to travel more, grab the bookbag you'd travel with.

**Step 4:** Shift your focus from the physical into the meta-physical. Bring your focus to the feeling of experiencing your desire like it's happening right now. Go for a ride in your imagination and let it roam free. Some may call this "day-dreaming."

**Step 5:** Carry this feeling throughout the rest of your day. If you feel out of alignment, refer back to steps 1-4 and bring yourself back to your desired state. Do this technique until it comes natural to you.

## **Technique #10: Manifestation Confirmation Bias**

For this next technique, we're going to confirm that your manifestations are happening, whether this be in the form of an opportunity, person, or money that unexpectedly came to you. This will especially help those that find it hard to trust the universe due to a negative filter that block them from seeing the magic that's happening to them on a daily basis. This technique will focus on removing these negative filters.

The idea behind this technique is to become aware of the confirmation that you are manifesting. Even if it's the tiniest little thing. Recognize proof when you see the manifestation of the money, wealth, and abundance you desire.

A good example could be finding a penny on the floor. Most people would completely ignore it or think of it as useless. If you want the universe to give you the big things, you need to appreciate it when it gives you the little things too. Everything is energy. A penny has the same energy as a \$10,000 check. The only thing that changes is the meaning you put behind it. Give the penny a meaning of freedom, security, and abundance that you would give to any other amount of money because after all, you don't want money, you want what money brings you. Focus on the experience of being the person that is accustomed to attracting money.

Point out the little things, and you will find yourself having more faith in the universe as time goes on. Letting go of doubt is one of the most

powerful things you can do for manifestation.

# CHAPTER 7:

## MANIFESTATION BULLSEYE: NAILING 100% OF YOUR MONEY-MAKING DECISIONS

*“Intuition is the whisper of the soul.”*

- Jiddu Krishnamurti.

Most of us consider ourselves to be poor at handling money and financial decisions. Perhaps it's the numbers that scare us, or the thought of deciphering incomprehensible financial jargon. Wouldn't it be great if you had a built-in mechanism that automatically signaled a yes or no decision for you?

What if I told you that such a mechanism exists within you, and has existed since your birth? This mechanism is your intuition, and as I briefly mentioned earlier, it's your connection to the infinite. Intuition is a largely misunderstood thing, and in this chapter you're going to learn all about how it works and what its voice sounds like.

The simplest definition of intuition is that it is our guide. It is the inner voice that tells us what is right or what is wrong. To be more precise, it tells us what “feels” right and what doesn't. Feelings are the mode of communication of the universe, and this is why it's essential for you to become more comfortable with them.

If intuition is divine instruction then it stands to reason that it exists only in the present moment. This is something that a lot of people miss. The common thought process around intuition is that it illuminates the path ahead of you. This is not necessarily the case. The best way of stating this is to say that intuition illuminates what is directly ahead of you. If you're on

step one of your process, it shows you how to get to step two. It will not show you how to go from step one to step 100 directly.

## **Understanding Intuition**

Intuition goes beyond thought, ideas, and words. The greatest minds in history always came up with the most revolutionary ideas not by thinking from the past, but by viewing from the present. By truly experiencing the present moment, you'll allow your mind to fully connect with all the information in the universe. You'll be drawing information directly from the unknown where an infinite amount of possibilities have already been mapped out.

As great as this sounds, the voice of intuition can be drowned out easily. The voice of intuition is very subtle, and truth be told, most of us aren't accustomed to hearing it. Think of it as eating food that is very mild in flavor right after eating food that is full of spices and tickles your tongue in every way imaginable.

Most likely, you'll not be able to detect subtle flavors because your taste buds have adapted to the stronger flavor profile. Now imagine doing this over and over for however long you've lived. Chances are it'll take you many months or even years to start noticing more subtle flavors in food.

In the same manner, your mind has become accustomed to thinking loudly. "Loud" in this sense means it's become used to time traveling. It's become used to trying to figure out how to go from step one to 100 and doesn't consider all the steps in between. It hasn't been trained to view the wisdom inherent in the journey and only sees the end goal.

When the mind speaks to you in practical and logical terms, it is valid to consider it. However, it can be quite detrimental if it is the only thing you consider. Your intuition is just as important as any other part of your guidance system. Rational thoughts are just as valuable as irrational thoughts. To separate the two would be like to read the lyrics and notes of a song without hearing the singer and instruments.

Whenever you try to stray away from the mind's logical way of thinking, it'll normally experience some sort of resistance. Putting trust in the unknown wisdom of intuition is "risky" when you compare it to the rules of how you're supposed to do things. Trusting your intuition is only risky if you mistake it for your compulsions.

Compulsions are nothing but the old thoughts and behaviors of our minds. They are loud, stubborn, and operate from known ways of thinking. These are the urges, cravings, and addictions you have to external stimulation. If we're ever going to maximize the potential of our intuition, we need to recognize that both are present.

If you're unsure of how to distinguish between the voice of your compulsions and your intuition, consider the element of time within them. If the voice is time-traveling far into the future or is telling you stories from the past, then this is most certainly a compulsion. Intuition does not concern itself beyond the present moment.

Your intuition proposes a course of action and leaves it up to you to follow through on it. It needs action on your behalf for it to speak to you. Some people think of using their intuition by simply sitting back and dreaming about it. That's not how it works!

You need to build momentum in order to build your receptivity on the part of intuition. Momentum is built by creation. Whether this be the creation of new thoughts, feelings, or actions. Do whatever you know and begin executing whatever ideas you have. By doing this you're giving the universe some material to work with. You're allowing it to help you.

Scientific evidence points to the fact that listening to our intuitions is highly beneficial for not only decision making but for guiding our lives down the path we're in most alignment with. There are two kinds of intuitive listening, in scientific terms. The first is emotion-based and the other is experience-based (Kutsch, 2019). Most researchers seem to agree that listening to experience-based intuition usually results in better decisions. This is because experience is simply another measure of how much momentum we've built in a certain area. It is the result of actions repeated over long periods of time, and as a result, the universe has plenty of

material to work with and provides you with the right information at the right time.

Don't make the mistake of thinking that emotion-based intuition is invalid, though. Emotions are the expression of your inner being. Be aware of them when you're making decisions as they will tell you whether moving forward with this decision is something that will keep you in or out of alignment.

Getting good at distinguishing between these voices is a matter of repetition and awareness. Never question your hunches, especially if they make you step outside your comfort zone. Stay present, receptive, and open and the universe will channel to you your truth.

## **Energy Management**

All of us are obsessed with managing our time. We live by the movement of our clocks. However, you've learned that money and everything else in this universe is simply energy. It stands to reason that if you're experiencing a lack of money in your life, what you're really experiencing is a lack of energy.

Therefore, the way to increase the amount of energy you have is to manage it better. In other words, let go of time management and instead focus on managing your energy. Intuition plays a huge role in helping you do this. It speaks to you and tells you what you ought to do next, whether it is taking a break or spurring you into more action.

Einstein and Newton used a famous technique called the "micro nap," which helped them manage their energy. Given the intensely theoretical nature of their work, they needed their minds to be in peak form. When things became too heavy, they would take a power nap that lasted for no more than 20 minutes.

The painter Salvador Dali had an even more effective technique. He would nap holding a set of keys. As soon as his mind shut down and his hand let go of the keys, they'd clang on a plate and wake him up. Dali would then



resume his work fully refreshed, having provided his mind with the exact amount of rest it needed.

Energy can also come from the rituals and practices you do on a daily basis. Do you exercise regularly? Do you meditate? Do you read books? Do you spend time in nature? These are all excellent ways of managing your energy. In fact, if you're able to master just one of the habits I've listed above, you can expect a good return on investment when it comes to how you think, feel, and act.

Exercise can release stress hormones and reduce the tension and stagnate energy around your body. Meditation is a great way of training your brain to stay present and mindful about your current circumstance. Reading books will open you up to different perspectives, thus giving you a wider scope of untapped creativity and imagination. Spending time in nature will keep you grounded and connected to the essence of life. Managing your energy on a daily basis is crucial if you ever want to find any success in managing your money.

## ***Energy Investment***

Where are you currently investing your energy? Are you investing it into drama and negativity? Are you investing it into a poverty stricken self-image that convinces you that you cannot hang onto money or make any? Around 70% of lottery winner go broke because they didn't have the self-image of someone that could handle the energy that came with money.

Managing your energy output is essential if you're ever going to fully take control of your financial life. If you need to buy a new laptop to execute your plans to earn more money, then pick one that suits your budget. If you expect your financial desires to manifest, why rush things right now? Move at your pace, with the means you currently have. You do not need to overindulge yourself superficially to prove that what you have is coming.

Your compulsions will act from a place of lack. They'll try to convince you that the present moment is unbearable if you don't spend it on fancy items. It uses the existence of your future riches as a pretext to get you to act from a scarcity mindset. The media is one of the main mediums of

communication responsible for this type of conditioning. If we're not seen with the latest shoes, clothes, car, or jewelry, then we don't qualify as rich or successful. This is a superficial form of expressing riches that only keeps you more stuck in poverty.

Warren Buffet still lives in the same home he bought for \$31,500 in 1958. Mark Zuckerberg still wears a t-shirt, hoodie, and jeans as his uniform to any social event or meeting. Richard Branson doesn't enjoy spending more than ten euros on a bottle of wine.

I'm not saying you shouldn't buy luxury items when you have money to do so. What I am saying is you shouldn't buy luxury items in order to fill a void within or strengthen an identity that is not who you really are. Invest your money on who you want to become, rather than feeding an identity you're trying to escape.

There is another perspective that can be seen on the other side of the coin. This one relates to people that hold onto their money for dear life. Most of the time, this is because they've been ripped off in the past or never got their money back from an investment they made. When this happens, it leaves a mark in your subconscious mind. You start believing that no matter where you spend your money, it's always going to be a waste. You avoid taking the risks you need to take to move forward, and this keeps you stuck.

Saving your money just for the sake of saving it is not a good investment because money is energy. If you're not planning on investing it in the future, it needs to go into something today. It needs to move and circulate in order to grow and help you generate more money. When you invest money and it doesn't work out, it wasn't because you invested the money, it was because you invested the money poorly.

Stagnate energy will keep you stuck. For you to make more money, you cannot be afraid of letting it go. If you are afraid of letting it go, you've either built an attachment to the money itself or you fear losing it. Discovering how you can use your intuition to get out of this viscous cycle will help you tremendously on your journey to manifesting wealth.

## **Technique #11: Whole Body Yes**

The Whole Body Yes technique comes from the Conscious Leadership Group led by Jim Dethmer, Diana Chapman, and Kaley Warner Klemp. Since discovering this technique I've noticed a huge positive shift when it comes to how I handle business and relationship decisions. Not only do I find myself being right more often, but it also leads me to be more aware of certain situations and to see them from a new perspective.

The Whole Body Yes is divided into three separate sections. These sections are the head, heart, and gut. Let's break them down individually.

**Head:** Think of the logical side based on the research, feedback, and information you've gathered on a certain topic. This is where experience-based intuition comes in. Review these things and confirm that they make sense or don't make sense.

**Heart:** Now let's view this decision from an emotional view. Refer back to a time when you felt your heart was fully in it. Try to remember what it felt like when you fully committed your emotions. This is when the heart was speaking to you. With every decision, notice if this same feeling arises.

**Gut:** This is the perspective of your inner being, in other words, the purest form of intuition. For this one, recall back to previous intuitive hunches you've had and notice if you're feeling the same during this decision.

A Whole Body Yes is meant to ensure that you are 100% committed and correct about your decision. The more often you recognize the difference between a "yes" and a "no", the easier it'll be for you to make decisions.

## **Technique #12: Energy Habits**

For this next technique, we'll be focusing on the habits that you have. The idea behind the Energy Habits Process technique is simply to build positive habits that raise your energy and vibration. Activities such as exercise, meditation, reading, or journaling can all be examples of habits that move you into alignment with what you desire.

As previously mentioned in this chapter, if we're ever going to manage our money the right way we need to understand how we manage our energy.

I've created a step-by-step process to help outline all of your habits, how your energy flows when you perform these habits, and what new habits you can start to implement.

**Step 1:** Write down all of the habits that you have right now. These are actions you do on a daily basis without even thinking about it.

**Step 2:** Consider if these habits are in alignment with your purpose and the vision you have for your life. Do they waste your energy or do they increase it? Write down "yes" or "no" next to each one.

**Step 3:** Write down all the habits that you have in your vision. Refer back to the Perfect Day exercise if you need to.

**Step 4:** Optimize your habits by removing the ones that move you out of alignment and introduce the new habits that move you into alignment. Here are two tips to help you build positive habits and break bad ones: Start small and adjust your environment accordingly to help with the execution of the habit.

With this newfound self-discipline, you'll find it easier to manage your energy, and as a result, you'll find it easier to manage your money.

## CHAPTER 8:

# THE LANGUAGE OF SUCCESS

*“Money is only a tool. It will take you wherever you wish, but it will not replace you as the driver.”*

- Ayn Rand

What is a clear indicator of the kind of mindset you’re currently choosing to live with? In short, it’s the language you use to describe your situation and various events in your life. The universe is a constant feedback loop in that it always gives you what you want, whether you’re conscious of it or not.

We attract more of the things we focus our energy on. Focus on lack and you will attract more lack. The universe also checks in with you constantly to evaluate whether you’re receiving everything you asked for. One of the ways it does this is by monitoring the language you use to describe your reality.

### **The Power of Words**

Have you ever met someone who springs out of bed every morning telling themselves “Today is a special day!” every single day you’ve known them? “How many special days can a person possibly have?” you might have thought to yourself. Well, it doesn’t really matter because that person has chosen to believe in their abundance and that the universe manifests what they choose accordingly.

Your language, both spoken and unspoken, reveals what you truly desire. Are you reading this book because you’re “sick of being poor and want to learn how to make money” or are you reading this to “figure out how to

increase your wealth”? Both of those statements are two sides of the same coin.

Duality exists in everything in the universe, and your language is no exception. Wealthy people talk about money, and their reality very differently from those that perceive a lack in their lives. Shifting your focus from lack to abundance also means you need to consciously monitor your language.

Your words are influenced by your beliefs and as you’ve learned previously, your physical reality exists in a constant feedback loop that incorporates these two items. Since this is a loop we’re talking about, it stands to reason that your words, the choices you make when fully conscious of them, also influences your beliefs.

If you wander around the aisles of your local supermarket telling yourself you can’t afford this and can only pay for that, you’re creating a belief in your mind that you’re poor and lack money. If you’re moving through reality in a state of abundance, you’ll frame these spending choices as being aligned with your goals or not.

That box of premium cereal might feel right to buy now, but your mindset of lack tells you that you can’t afford it and it costs too much. This might be true, but it's in situations like this where you can flip the equation to your favor. What if you didn't want to buy it because you’d rather spend the money on your passion project? Or you'd rather buy a brand that has less sugar? Change the stories you tell yourself, and notice your reality will change with it.

Trusting in your sense of lack is simply being penny wise and pound foolish. You save a little money today only to blow a lot more down the road. The language that you use to frame these choices is a sure marker of which way you’re headed. The great news is that language is easy to change.

All it takes to change your language is awareness and choice. Become aware of how you communicate, and set your intention of changing the language surrounding your thoughts. Understand that language is energy, and by focusing on negative language, you’re draining energy out of

yourself. You're manifesting a reality that doesn't resonate with the frequency of your desires.

A lack of money is simply a reflection of your perception of your reality. It isn't the only thing that will be missing. Happiness, love, freedom, security, etc. are all feelings that you will lack because your language won't translate to their abundance.

Language is an expression of your perspective. This goes back to what you learned in Chapter 3 about the reality loop. Your perspective eventually frames your reality. Start speaking like you're abundant and watch your thoughts, emotions, and actions reflect these words.

## **Conscious vs Unconscious Success**

When it comes to success in anything, there are two ways of manifesting it into your reality. You can either manifest it consciously or unconsciously. Let's break down what I mean by this.

Conscious success means that it was expected based on the prior thoughts, feelings, and actions you chose to express in order to achieve the desired outcome. It's a sustainable way of reaching success. It's a way of shifting your identity to fit into the reality of what you desire. This is when your vibration is in perfect alignment and your life is the perfect reflection of it.

By reading this book, it's exactly what you are trying to do. You are trying to consciously create the success that you want in life. By applying the principles and techniques outlined here, you will eventually find this success. The only obstacle is yourself. In order to experience a new reality, you need to embody a new identity. You do not embody a new identity simply by adding more to the current one you have now. The real process is to remove that which is covering up the potential that is already inside of you. This is a far more "difficult" path to success, however, it's the most sustainable one in the long-term.

Unconscious success occurs when someone reaches a certain level of financial, career, or professional success without consciously knowing how they did it. This happens when they've had positive conditioning in their

life. They've unconsciously embodied an identity that resonates with this kind of outcome. This is usually the case for the sons and daughters of the wealthy. Because they've spent most of their life around successful people (their parents), they grow up being taught about the "secrets" to success and with the probable financial backing and support.

Although this looks like a far easier path to the top, it's not very sustainable. With more success, comes more problems. If you're unconscious about how you should overcome these problems, it can lead to severe anxiety and depression. This can be seen amongst hundreds of celebrity and public figures around the world.

Recognizing that there are two kinds of success is essential because it will help clear up a lot of the "how" in your journey. Everyone finds success in their own way. Whether you were born into a single parent and low income household or as the child of a famous politician, we all have our own unique path to take.

Judging how others are taking their path will only create resistance within yourself because it implies that you don't have the power within you to achieve the same level of success. If you judge others, you're really judging yourself. Be aware of this, because it can be far too easy to get caught up on the latest social media post of their new car.

Being aware and conscious of your journey to success is not a handicap. In fact, it's a gift. It'll make the process that much more enjoyable and transformational. You'll experience more than you ever would if you started from the top. Appreciate the chance you have to face all the failures, setbacks, and obstacles that will inevitably come your way. They will help build a stronger internal foundation that will skyrocket your ability to manifest more success than you could ever imagine.

A Chinese bamboo tree takes around five years to reach full maturity. For the first four years or so, it only reaches a few feet above the ground. During the fifth year, in the space of six weeks, a Chinese bamboo tree can grow up to 90 feet in height. Consider getting reassurance from this ancient plant next time you think your success is "taking too long." Focus on your roots, and your height will come with time.



# Child-Like Play

Something that all successful people embody is a curiosity for what comes next. I'm talking about the child-like wonder that keeps our excitement roaring every hour of every day of every week. This is a vibration that keeps you receptive to the hidden opportunities and creative ideas that life throws at you. Being in a playful state while in the process of building wealth is essential if you're ever going to align with the desire that comes with it.

It's no secret that all human beings love playing fun games. Observe a child learning new information and you will notice that the only way to get them to focus is when they're playing. Children are the epitome of perfect alignment with desire.

They wake everyday like it's the very first day of their life. What seems mundane and normal for a 40-year old mind can be an opportunity for creation for a 6-year old one. It doesn't need to be the creation of something physical. It can be the creation of a new perspective. This is where imagination comes in. An action figure can be a superhero one day and a farmer the next. The child embraces it's power to choose what their character will be dressed up today. Nobody can convince them otherwise.

It's this state of limitlessness that radiates vibrations that attract people, things, and opportunities into our lives. The younger we are, the less conditioned our minds are. Unfortunately, as we grow older, we start developing certain beliefs about who we can and can't be. This can lead down a negative spiral because it goes against everything our inner child wants to express.

Play puts us in an automatic state of joy and abundance. It makes us feel good because it jogs both the rational and creative faculties of our minds. It removes all resistance to learning and places us immediately in the flow state or on the path of least resistance. The fact that we enjoy the state of play is the surest evidence that feeling good is the best marker of aligned vibration.

A mental state of play is essential for you to maintain if you wish to manifest your dreams into reality. I'm not talking of being frivolous or of shirking your responsibilities. Nor am I talking about indulging in childish behavior. Instead, it is to maintain a sense of humor and freedom throughout whatever life throws at you. It is about choosing to be cheerful, no matter the circumstances that you are facing.

*“This is the real secret of life – to be completely engaged with what you are doing in the here and now. And instead of calling it work, realize it is play.”*

- Alan Watts

A lot of people buy into the popular notions of being “driven” and of focusing “singularly” on their goal. There is no problem with this if their journey to achieving their goal is thoroughly enjoyable and fun to them. The problem comes when their journey to success becomes more of a need rather than a want. If you *need* to become successful, it will be very hard to. If you *want* to, but do not mind not having the physical manifestation of it right now, then you're in the perfect vibration to attract it.

Living in a playful state will help you remove all of the resistance that comes with your career, business, and road to financial freedom. Money is a very serious topic in the minds of many. This is justifiable given the world that we live in today. However, making the accumulation of money your primary reason for living in this moment will only move you farther away from it.

This is because you will end up sacrificing your own vibration in order to achieve it. Moving yourself out of alignment like this will make it very difficult to manifest the experiences that come with money. Even if (and this is a big if) you achieve your money goal, you'll have sacrificed so many things that keep you in a positive vibration, that it'll feel like it was all for nothing. Your priority should always be your vibration. This is the path of least resistance and it is the path most sustainable for true happiness in the long and short-term.

Imagine what it feels like to be happy before and after you're financially successful. Viewing the manifestation of your reality as playful puts you in this state automatically. Who has ever been miserable playing a game they love? It's the opposite of being intense.

Intensity implies effort, hard work, and struggle. When you let go of this idea, you let go of the notion that obstacles are meant to stop you, when the truth is they are there to help you grow. The very fact that you find obstacles annoying to overcome indicates that you aren't enjoying the process.

How can you expect to manifest your reality in such a state? Be playful with the universe and have fun living the life you live. To consciously move towards success is to understand that success doesn't need to be about intensity, unenjoyable effort, and seriousness. It's about getting enjoyment out of every step in the process and feeling successful as a result. This is the key to living and manifesting success with flow and ease.

## **Technique #13 - Meditative Writing and Journaling**

This is a technique that was inspired by Elizabeth Gilbert, author of *Eat Pray Love*, and it involves putting your mind in a meditative state through the act of writing. I've noticed this myself when I'm writing out notes, ideas, and topics for a new book in my journal. Before I know it, I write 4 pages worth of content in just 30 minutes. Time seems to fly, and ideas flow effortlessly.

Some people might call this the "flow state," Elizabeth calls it "wordless oneness", and others may call it "the zone." During these times, your brain is in optimal conditions to be creative and intuitive. This is the state where you begin to connect all the dots that have been accumulating in your subconscious mind.

With the Meditative Writing and Journaling technique, you can achieve this state of timelessness and flow. It also helps you lay out all your thoughts, feelings, ideas, and hunches onto a piece of paper so you can refer back to it

whenever you want. Your next big opportunity, decision, or idea that leads to financial success might just come from one of these sessions.

Here are the steps to Meditative Writing and Journaling:

**Step 1:** Take a few minutes to settle in a space of silence. Focus on your breath or on the subtle movement of energy on the surface levels of your body. Set the intention of being fully open with yourself and receptive to ANY thoughts that come to mind.

**Step 2:** Set a timer for 10-15 minutes and begin free writing without stopping. Do not waste your time trying to edit, reflect, or fix anything throughout this process. Simply be present in the moment, relax, and express your thoughts in the form of writing.

**Step 3:** When the timer goes off, take a deep breath, and review what you've written. Underline anything that catches your eye or intrigues you some way. You don't need to ask why it intrigues, just accept that it does.

**Step 4:** Use these new ideas and thoughts that you underlined as a prompt for your next session. Express appreciation for the connections that you made and the positive aspects you pulled out of it.

## CHAPTER 9:

# MONEY MANIFESTATION MISTAKES – 3 UNCONSCIOUS REASONS WHY YOU'RE NOT MANIFESTING MONEY

*“Dollars aren't the root of happiness, but they are not the root of evil either. They are the result of how somebody lines up the energy.”*

- Abraham Hicks

People often wonder why their physical manifestations are taking as long as they are. The universe takes its time manifesting your new reality physically, and given that it knows far more than we can ever comprehend, it stands to reason that everything will happen in its own time, when you're vibrationally ready. There's nothing to be worried about.

Worry drives people to perform actions that end up blocking the abundance that is coming their way. They sabotage themselves, and even worse, continue to believe they're living from a state of abundance when they're clearly not. This chapter is going to spotlight three of the most common mistakes that people make.

Most of these mistakes portray a superficial view of reality. In other words, they are a perspective that only takes into account the physical part of reality. You are not living with presence and in alignment with every moment of your day, rather you are chasing something that is outside of you. Again, the first step to changing these behaviors and patterns is to become aware of them.

### **Mistake #1- Acting and not Being**

One of the most repeated mantras of success is “acting as if.” Everyone from rappers to movie stars advise people to act as if they’re already where they want to be. This is both true and false. What’s more important is that a person “be” who they need to be in order to successfully manifest. If they’re in this state then they won’t just be acting, but they will be behaving in line with the reality that they desire.

If they aren’t being, then acting takes on a negative connotation. It implies that you need to hide your true reality and superimpose a fake persona in order to convince the world you’re someone else. This is a hard thing to do! Moreover, it’s a viewpoint that is focused on the outside world and isn’t centered around your inner compass.

It removes you from listening to the universe and to your intuition because you’re busy listening to what someone else is telling you. How could you possibly manifest anything from this state? The only possible result is that you will end up unhappy because you will either notice the lack of your desired manifestation physically or you will lose yourself trying to please everyone else around you.

Being is far more important than acting. Being implies your beliefs, perspective, actions and reality are in alignment and you’re receiving the full flow of information from the infinite. You’ve chosen to be a certain way, and this means the outer reality is not as important as the inner one.

Change always occurs from the inside out, not the other way around. We make the mistake of looking at other people’s results and think that the results are why they’re successful. The fact is that the fancy car is a result of them being a certain way. It isn’t the cause of it.

As an example, let’s say you wish to manifest a new BMW for yourself. Sticking a BMW label on your Honda isn’t going to turn it into something it isn’t. The interiors are the same, the shape of the body is the same as is the engine and the transmission. Slapping a label onto the Honda is a bit like “*acting as if*” without the power of “*being as if*.”

Financially successful people get that way because of who they are and how they view themselves. They are rich on the inside and thus vibrationally align themselves with the frequency of money. They view it as a natural

state of being. Those who moan about their lack of physical money, focus on the absence of it, and thus vibrationally align themselves with the frequency of lack.

So focus on being, not acting. Surface level actions get you nowhere. It's the change on the inside that really counts and removes all the negative filters from your old identity. Positive thoughts allied with elevated emotions followed by inspired actions is what attracts your desired manifestation to you.

## **Mistake #2- Judgment**

There are a whole host of issues that emanate from an attitude of judgment. Judgment itself implies that you're imposing your views upon a certain situation that is acting outside of you. It implies that instead of being and remaining in the moment, you're rushing to process the information through your perspectives and beliefs.

More often than not, judgment leads us down wrong paths. For example, if you see someone who is financially wealthy with a nice car and clothes, your mind, or better yet ego, will immediately start comparing what you have to what they have.

On the inside, this can start generating negative emotions or patterns that enforce a perspective of lack upon yourself. In such times, it's important to remember that you always have a choice. Tapping into your intuitive hunch to believe in your own potential to be happy and successful has nothing to do with what's going on in someone else's life.

You have full control over your own reaction to external events. You don't have control over the external event itself. A lot of people try to control the external. We wish that those around us would behave a certain way so that we can be content. We wish for others to carry out certain actions that will result in greater prosperity for ourselves.

In order to enforce this point of view, we judge their behaviors and actions. What we miss is that by doing so we're giving up our choice of reacting to

the external positively. We're giving away our power to the external and are falling into the trap of acting instead of being.

Your only choice is to talk to the external and choose your own reality. Judgment is a way of surrendering this choice and power. It is trying to live in a fantasy world where you have full control over the external, when you don't. Allow your reality to change by choosing what you want instead of trying to make it happen and pushing away what you don't want.

## **Mistake #3- Impatience**

Patience is a huge sign of abundance. If you dig a little deeper, you'll understand why. When you're patient, you're expressing your belief that everything is happening according to the universe's plans for you and that everything will take as long as it needs to take. After all, the universe is in control of the external events in your life, so there's no need to worry about how, when, and where your desire will manifest.

Let's say you're stuck in traffic on your way to an important meeting. This meeting is between you and a client who is ready to sign a lucrative contract that will bring you a ton of money. Naturally, you want to get there on time and not sabotage your chances. Being stuck in traffic might breed impatience within you.

Where does this impatience come from? When it comes down to it, it stems from a belief that you're going to lose this contract if you're not on time or that you're not going to achieve your desired reality of making more money. It's from a place of lack. You believe that the money this client is going to pay you is the only money that is available to you in the world and that the universe has no more in store for you.

Let's take a step further back and examine the implications of these beliefs. First off, how could you possibly know that this traffic jam is going to cause you to be late? How can you know that the client is going to decline signing a contract with you because you were late? How could you know that the jam is a bad thing?



Perhaps there's an accident that's about to occur down the road that would put you in the hospital. Would you rather be late due to a traffic jam or late due to needing hospitalization? When you struggle against your external world by expressing impatience, you're building resistance within your reality. You're leaving the serene world of the present and are time-traveling into the future and past. You're giving your power away to something that isn't in your control and judgment soon follows. "I should have anticipated this traffic jam," "This is why I'll never be successful," "Bad things always happen to me right when something good is about to take place", and on and on.

Impatience causes us to make rash decisions and to assume that we know better than the universe. It only breeds more frustration and sets us on a negative spiral. Break out of this by shifting your awareness back into the present moment and by choosing to respond to your environment instead of reacting to it.

It's important to note that there is a difference between being patient and being complacent. Being patient means that you're working to better yourself internally, because the better you feel with yourself despite the situation, the more your reality will reflect this. If you're complacent, you're not really changing your reality. What you're doing is waiting for reality to change for you. This is yet another superficial perspective that contradicts the science of manifestation. If you're waiting for reality to change, you're not in the process of creation, and if you're not in the process of creation, you're reality is not changing.

Be comfortable with not being in control and recognize that the universe is always connected to the vibrations that you're emitting. All you need to do is continue creating from an aligned state and be patient!

## **Technique #14 - Neutralization**

The Neutralization technique is very similar to the Generalization Technique we talked about in Chapter 2. The only difference is that this neutralization technique works in relationship to your external intentions

and desires. In other words, we're going to be focusing on detaching you from the outcome and helping you view life through the present moment.

Before I explain how it works, I'd like to highlight the difference between neutrality and complacency. Neutrality is the absence of strong or extreme expressions of something. Complacency is the act of being overly content or uncritically satisfied. The difference between the two is that neutrality takes into consideration the access we have to infinite abundance, while complacency doesn't.

The idea behind the Neutralization technique is to simply be neutral to all the ideas, opportunities, desires, and situations that arise in your life. A state of neutrality removes you from the egoic way of thinking. The ego is constantly needing and chasing after something that validates its identity. This way of thinking ends up repelling all of the evidence that you're looking for in your physical reality. The goal here is to simply keep your eyes open and allow the opportunity, the evidence, or the manifestation to show itself to you rather than going out there to look for it.

*“Stop trying to leave, and you will arrive. Stop seeking, and you will see. Stop running away, and you will be found.”*

– Lao Tzu

## CHAPTER 10:

# HOW TO MAKE YOUR MONEY MANIFESTATION INEVITABLE

*“If you will assume your desire and live there as though it were true, no power on earth can stop it from becoming a fact.”*

- Neville Goddard

Your mindset is a key determinant of how much money you will attract and wealth you will build in your life. As you’ve learned throughout this book, it will come under attack from external sources. Most people react to this attack by trying to control their external reality, but as you’ve learned, doing this is futile.

Instead, it’s far better to build a mindset that is impervious to such attacks and is resilient. No matter the negativity surrounding you, a strong mindset will help you sail through those difficulties and will reduce them to impermanent states as opposed to a permanent state of reality.

There are three shifts that you can execute right now to ensure a strong mindset. Let’s take a look at them one by one.

## Money Zen

The first mindset shift to make is to view reality from yet another perspective that we will look into. What is the biggest source of unhappiness in your life? Your first instinct might be to say the lack of money, or the lack of prosperity, and so on. These are answers that are focused on external causes. Dig a little deeper and you will notice that it isn’t the external that is causing problems, but rather the internal judgment of those external events that is creating suffering within you.

Let's say you witness a minor car accident. If one of those vehicles happens to be yours, how would you react? Your first thought would be on the amount of money it's going to cost you to fix it, how much time it's going to take, and how unlucky you are, and so on. Now let's assume the car that was involved in the accident was not yours.

Not so angry now, are you? Both scenarios involved the same outer reality (car crash), but your reactions were polar opposites. This is because your perception was based on external conditions rather than internal state. While it's impossible to control external circumstances, it goes to show that you can always choose to respond however you want to what you witness and experience.

Being in a state of zen with regards to money is the perspective that everything that is happening to you is for the best, that these things make you stronger and are guiding you towards a higher goal that will result in higher degrees of happiness.

It is to believe that the universe is abundant and is therefore incapable of leading you astray. You might perceive the current situation or the choices in front of you as being bad but this is only because you aren't aware of the divine plans the universe has in store for you. You cannot directly see the consequences of all of your actions in the field and thus cannot see the long term ramifications of something seemingly negative in the short term.

By framing everything that happens to you as helping you, you remove the possibility of being disappointed or frustrated with your situation. You place your awareness fully with your choice to respond in accordance to what you want to take out of the situation, rather than on what the situation is taking away from you. This not only leads to more happiness, but a lot less resistance when it comes to the vibration you're emitting to the universe.

In this path, there are minimal possibilities for guilt, frustration, or sadness to exist. This path only leads to more internal growth. How can any negativity exist in a world that's always working in your favor?

## **The Universal Feedback Loop**

All of your actions and words, indeed your entire state of being, is monitored by the universe. Don't mistake this for a judgmental frame of mind. The universe does not judge, and is impartial towards everyone. Its sole concern lies in giving everyone exactly what they want. In order to know what they want, it's important for them to know what they don't want. The same is true about how you're thinking, feeling, and acting. If you're not thinking, feeling, and acting in accordance to what you want, the universe will show you this.

You can think of this loop as being a mirror. What you put out there is what you will receive back in kind. If you dress yourself well and look into a mirror, you'll see a positive reflection of yourself. Dress yourself haphazardly and you won't like what you see.

The universe reflects back to us what we're putting into it. If you choose to radiate negativity and scarcity, that's all you will receive back. The great news about this fundamental truth is that you can shift your reality based on the energy you choose to put into the universe.

Let's say you view evidence of poverty around where you live. You see run down housing and other signs of people struggling to make ends meet. If you look at this and think that this is what you deserve, or that this accurately reflects who you are, you're only going to create the same kind of reality for yourself. The things you try to do will not work out and will only reinforce this belief. Instead, if you view the positives in your life despite the evidence of negatives around you, and you choose to believe that you're destined for great things, this is exactly what the universe will provide you with.

I must mention that the universe will give you opportunities to act. You'll still need to have intention with how you think, feel, and act. Using the natural laws of the universe puts you in a position to take advantage of events. It doesn't do them for you. The universal feedback loop is also a great way to check where your mindset is currently at.

If you've been working on something but haven't been receiving evidence of positive manifestation, or better yet, have been receiving more obstacles and roadblocks than you ever anticipated, then take a look at the vibration

behind your executions and what perspectives and beliefs you're holding onto.

Your mindset is in direct contact with the metaphysical reality, the fourth dimension. This is where the feedback loop gathers information about your state of being. Focus on radiating positive intentions in everything you do and you will automatically connect with the laws of attraction. The more in line you are with your desire when it comes to your state of being, the more the universe will shape your reality to fit your desire.

This is why the rich get richer and the poor get poorer. The feedback loops are either ignored or they're reinforced. Everyone's living in the reality that their mindset has created, and this is what determines the level of wealth they create in their lives. Focus on working hand in hand with the universe, and it'll reward you.

## **Trusting the Universe**

Manifesting what you desire in your life isn't about creation or about visualization. Instead, you need to think of it as a way of living. The things you desire will come to you only when you truly become the kind of person who's vibrationally resonating with the experience you desire. This takes time because it requires a lot of cleansing from past conditioning.

It is during this time that most people sabotage themselves. They begin to judge their efforts and compare themselves to other people. A huge reason for you to relax into the present moment is that you will be at the door and fully in touch with the infinite quantum field. Your ego cannot exist during this moment in time. Every choice you make is in accordance to who you are being in the exact present moment you are in. You can only choose to embody your old identity if you choose to. If you choose to make a shift into a new identity, you need to start making the choices that resonate with it as you live your life. Make new choices in your focus, thoughts, and feelings. Respond how you choose to your environment rather than reacting based on how you've always done.

Often people become nervous due to the seeming lack of progress in their lives, and they'll begin to try and force situations rather than looking to align with them from within. They visualize with greater “force” and spend more time trying the various techniques that they believe lead to manifestation. In doing all this, they build massive resistance between themselves and the universe.

After all, trying hard to make things happen implies that you have some control over your environment and that you don't trust the universal forces that actually do. You've just learned that this is hardly the case. All you can control is the inner reaction you have to your outer circumstances and nothing else.

People who try to force their manifestations to become real are effectively trying to push a boulder up a steep hill. At some point, you'll run out of energy and the weight of your effort is going to crush you. Is it any surprise then that such people begin to question whether manifestation is real? Believing that your desired manifestation will come from tireless effort and relentless action is pitiful. Sure, it can work if you believe it will.

The only problem is that this way of manifesting creates so much resistance that it won't even feel worth it because you will always want more. In other words, when you sacrifice the present moment, for an imaginary future goal, you're ultimately sacrificing life itself. No matter how much money you manifest and wealth you build, you're always going to want more. It's the natural inclination of human beings. Therefore, why not live like you have it all already? Live in the reality of your manifestation right now instead of chasing an illusion.

If you find yourself in such a situation, relax and acknowledge that you're trying too hard. There is no past or future that needs reassurance, there is only now. Relax into the present moment and remind yourself of the fact that everything that's happening will only contribute to your growth and how you choose to live your life.

## **Technique #15: Quantum Leaping**

The Quantum Leaping technique, inspired by Bob Proctor, is a way of surfing through reality in order to achieve faster and greater manifestation results. As discussed in Chapter 1, we have access to infinite realities in the quantum field. This access comes through tapping into the present moment. Now, believe it or not, every time you make a decision or choice, you are actually moving across different alternate realities.

We usually make these leaps into alternate realities by resonating our energy with other versions of ourselves in those realities. In other words, when we match the energy of another version of ourselves, we move towards the reality they are living in. When we have this strong connection, it's possible for us to gain access to information that can only be found in the other reality. This is what helps us make the necessary decisions to successfully manifest our desires.

Most of society believes that growth only happens linearly, but this is not true. In fact, it's possible for you to achieve your five year plan in just one year. This is called exponential growth. Now, you may be asking yourself, "How do I consciously quantum leap to the reality of my choice?" Well, the more important question should be how to NOT quantum leap. Removing all the filters that prevent you from living through the intentions of your inner being is essential.

Here's what you need to do:

**Step 1:** Experience the present moment living as the alternate version of you. In other words, embody the version of you that you want to become. Take actions, think thoughts, and feel feelings that are in alignment with this version of you.

**Step 2:** Eliminate all feelings of doubt, disbelief, and disempowerment. You need to be receptive to everything that the universe has to offer and accept that it is possible for you to get that which you desire, no matter how big it is. Closing access to even the fewest possibilities will lead to more challenges and obstacles, and thus doubt and disbelief follows.

**Step 3:** Realize that quantum leaps rely on unknown forces. There is no way of you knowing how it will happen. Accept this and be receptive to all possibilities.



**Step 4:** Think beyond common sense. If you want to make exponential progress towards your financial and career goals, you need to think illogically. There are no limits to what the universe can offer, so until you accept that normal three-dimensional thinking is most of the time irrelevant, you can't make the quantum jump you're expecting.

**Step 5:** Start setting intentions and making decisions that align with the reality you want to experience, even if you don't feel ready yet. You need to think beyond what you've thought about so far. Appreciate and take advantage of what you have now and more opportunities and chances will arise. Learn about yourself, grow yourself from within, and expand your horizons by putting intention into becoming a greater version of you.

**Step 6:** Enjoy the ride and don't try so hard, after all, nothing in this book should be hard to do. It should all flow easily to you. If you're executing steps 1-5, all you need to do is enjoy the process. Play with the universe, turn fear of the unknown into excitement, think and feel in accordance to who you truly are, act towards your passion and purpose, and finally, embody your inner sense of freedom.

# CONCLUSION

You have now learned about “The Magic of Manifesting Money.” It is my sincere hope that you have found the new perspectives and 15 advanced techniques to be helpful, and everything else that was discussed about how to attract wealth, success and abundance without hard work. Even if you find just one of the techniques to be helpful, it could make a huge difference in your life. You may have been looking for that one piece of the puzzle that was missing in order to “get the law of attraction” to work for you. And perhaps you found it in this book.

We covered a lot! We started off by discussing how even your environment is a reflection of how the energy is flowing in your life, and how important it is to keep your physical environment neat and tidy. We also discussed the generalization technique, how to tune into the vibration of freedom, the appreciation method, how to content shift from negative to positive media, how to increase your daily vibration, your perfect day (one of my favorites!), how to find your purpose, 4<sup>th</sup> dimensional manifesting, and ended with how to quantum leap in order to change your reality. From the micro level of quantum physics, to the macro 3<sup>rd</sup> dimensional level of reality, we discussed all aspects around the manifestation of money.

Changing your life seems daunting at first glance. Money is a big part of that change, and unfortunately, all we think of when we look at our money is lack. This is true of both rich and poor people. Our minds and the universe have the potential to create massive changes in our lifetimes, changes that are unthinkable for most of us.

Consider the story of a boy born to a handloom weaver and a seamstress in 1835 in Scotland. This boy was hardworking and studious, but was born into a situation that was less than ideal. Money was scarce and opportunities even more so. He attended school for four years before his parents decided to move to the new world in search of better opportunities.

They landed in an area that is modern day Pittsburgh. The boy's parents couldn't afford to send him to school, so he got himself a job working at a local cotton mill. He earned a pittance and was often at work when other boys of his age were out playing or studying. He yearned to learn, but could barely read. He was ambitious but was met with pictures of squalor everywhere he turned.

His parents struggled to make ends meet, like most immigrant families, and he often had to sleep on an empty stomach. His belief of the potential for better days began to pay off slowly as he held a variety of jobs. First as a messenger, then as a cotton mill worker, and then finally he landed a great post for someone of his qualifications: the secretary of the manager of the Pittsburgh section of the Pennsylvania railroad.

The job wasn't glamorous, but he made it his own. Now a young man, he had finally achieved a respectable position as a white collar worker. Not bad for a boy with just four years' worth of education! He had taught himself to read in the meantime, and was prosperous enough to afford a few books.

However, the young man had bigger dreams. He was content with where he was, but this didn't mean he wanted to remain there forever. Collecting the little money he had, he began investing into other railroad and industrial companies based on the intuitive hunches the universe was giving him.

Just as the investments began booming in value, he was appointed to be his boss's successor as the railroad division manager. The young man's career now really began to take off. His investments grew rapidly as did his wealth. By 1865, he was rich enough to quit his position with the railroad and founded a bridge building company. He also founded a telegraph company and won key contracts thanks to his agreeable nature and his willingness to work with whatever he was given.

By his mid 30s, the formerly poverty stricken boy was a wealthy man. He could have retired in this state and no one would have begrudged him anything. However, he wasn't done yet. In 1870, he decided to get into the steel business. He knew nothing about making steel, just as he had once known nothing about running a railroad or running a bridge-building company. He let go of the "how."

Like his previous businesses, the steel company succeeded and attracted the attention of one of America's wealthiest men. This person, a banker of some repute, paid the man \$480 million for his company in 1901. This is the equivalent of \$12 billion in today's money.

The man then turned around and gave away 90% of his wealth to underprivileged people and other such causes. He founded one of the biggest libraries in the United States and funded a renowned center for the arts in New York City. You might have heard of this center; it's called Carnegie Hall.

Andrew Carnegie was just one of the many people who figured out that the universe was on his side through the course of his life. Not only was it on his side, it was on everyone's side. It was just a matter of aligning oneself with the true purpose of their life. He figured out that all he had to do was energetically align with what he wanted, and the universe would do the rest.

The universe is so abundant and so rich in opportunity that even an unremarkable boy born into poverty and who had known nothing but squalor could rise to become one of the world's wealthiest men. Throughout his life, Carnegie's success was the quintessential American dream come true.

Napoleon Hill featured him as the basis for his famous book "Think and Grow Rich." Carnegie hinted at the existence of the law of attraction and abundance throughout that book's lessons. You now have the entire blueprint in front of you, thanks to the knowledge that he so willingly shared.

It isn't just Carnegie who shared this knowledge. People such as Oprah Winfrey, Jim Carrey, Steve Harvey, and Arnold Schwarzenegger have spoken about it as well. The universe is ready to give you everything you want, and it doesn't matter where you were born or what situation is prevalent in your life.

In order to manifest success, you need to first understand and think about your life in terms of energy. What sort of energy are you putting out in the world and what sort of energy are you allowing within you? Money is simply energy. If you're experiencing a lack of it, it's due to certain blocks

you're carrying. Removing these blocks is as easy as moving into abundance and drawing the immense knowledge that the field has.

Your life's purpose, your perspectives, your vision, your goals, your beliefs... All of these play an important role in helping you align with the universe. Once everything is in alignment, like a well-oiled machine, the right energy and money will begin flowing to you.

You might have been misled into thinking that one needs to do "hard" work for their money, that money only comes to those with unique talents, and so on. This is true only for those people who believe in such things. If you believe that you are worthy of money and that it flows to you effortlessly, then guess what? It will do so.

The universal feedback loop is merely a reflection of what's going on within you. Change yourself from within, and the change outside of you will follow.

With the new perspectives and 15 advanced manifestation techniques taught in this book, you've now received the blueprint, understand how the universe works, and have learned the magic of manifesting money. All you need to do now is apply it. Go out there and put all of this knowledge into practice. Remember to prioritize your energy, and not your time or effort. Riches will surely follow as day follows night.

## A Short Message From The Author

Hey there, did you enjoy the book?

Hopefully you did!

A lot of work, research, and collaborations took place to make this book what it is today.

So if you enjoyed *The Magic of Manifesting Money*, I'd love to hear your thoughts in the review section on Amazon.com.

It helps me gain valuable feedback to produce the highest quality content for all of my beautiful readers.

Even just a short 1-2 sentence review would mean the WORLD to me.



[>> Click Here To Leave A Brief Review On Amazon <<](#)

Thank you from the bottom of my heart for purchasing and reading it to end.

Sincerely,  
Ryuu

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